Session 10

Miscellaneous disorders for women

• Infertility
• Excessive Leukorrhea

Chinese Medicine Department
Session Contents

- Briefly review conception
- Big picture of female infertility & assisted reproduction technology
- Discuss / Analyse the main aetiology and pathology factors of infertility from TCM perspectives.
- Discuss the pattern differentiation & the treatments principle & methods, precautions & prevention of each disorder during pregnancy.
Learning Outcomes

After this session study, students should be able to:

❖ Describe and explain the TCM aetiology & pathology of infertility.

❖ Outline and decide the TCM pattern differentiation and treatments principles & methods for infertility.
Conception revisited

Conception needs:

✓ Abundant blood & jing from the post-natal qi plus the spark from Mingmen Fire

✓ Flourishing Liver & Kidney

✓ Healthy Chong & Ren Mai
Kidneys

- Root of pre-natal & source qi
- Stores the jing (material basis of tian gui)
- Care is needed with lifestyle to conserve energies and to nourish the fetus

Q. How does a person conserve the energy of the pre-natal and source qi?
Factors for Conception

- Heavenly Gui (pre-natal)
- Blood (post natal)
- Mother’s essence
- Father’s essence
- Mingmen Fire
- Flourishing Liver & Kidney
- Healthy Chong & Ren
Fertilization

https://www.youtube.com/watch?v=_5OvgQW6FG4
Nucleus Medical Media, 2013
Fertilization occurs within the fallopian tube.

Enlarged View

- Oocyte (egg)
- Sperm
- Uterus
- Ovary
UNDERSTANDING INFERTILITY IN A WESTERN MEDICAL CONTEXT AND A TCM CONTEXT
Parallels between TCM and Western medicine terms
Infertility

Define?

The inability to produce offspring in a woman who has been trying for at least 2 years with a normal sexual life and, of course, the reproductive function of whose partner is normal. (Maciocia, G 2011. P685)
Infertility

There are two types of infertility:

- **Primary infertility**: no conception after 1 year of intercourse

- **Secondary infertility**: no conception for few years after at least one conception
WM causes of infertility

Physiological:

- congenital reproductive abnormalities
- uterine anomalies (e.g., endometriosis; fibroids)
- ovarian dysfunction (anovulation; ovarian failure)
WM causes of infertility

- **Endocrine disorders** e.g..
  - *Polycystic Ovary Disease (PCOD)* or PCOS
  - hypo/hyperthyroidism
  - *pituitary disorders*

- **Anorexia**

- **Stress**

- **Ovarian cancer**

- **Drugs** e.g.. diazepam, OCP

- **Infection** (causes scarring)
Causes of infertility from TCM

Figure 57.3 Causes of infertility.
Ren & Chong Mai in Infertility

Empty Patterns

- Fail to nourish

Uterus-Ren & Chong Mai

Infertility

Full Patterns

- Obstruct
HOW CAN WE HELP?
7 step framework for assessing infertility

1. Check male
2. Check endometrium
3. Check ovaries
4. Check corpus luteal temperature
5. Check the fallopian tubes
6. Other factors
7. Uterine factors
TCM pathogenesis of infertility

- Kid jing & blood and/or
- Constitutional weakness
- Overwork with irregular diet
- Excess sex at early age

- Weakens Kidney and damages the Chong & Ren vessels
TCM pathogenesis of infertility

- External cold
- Excess cold raw food & drink
- Excess dairy
- Weakened Mingmen fire
  - Leads to Internal cold in the uterus

- Greasy food
  - Leads to Damp & phlegm
  - Which then settles in the lower jiao
TCM patterns of infertility

Empty
- Blood Xu
- Kidney yin or yang xu

- Fails to nourish the uterus, chong and ren mai

Full
- Cold
- Damp
- Blood Heat
- Qi stagnation
- Blood Stagnation

- Obstructs to uterus, chong and ren mai
Revisiting: Treatment based on pattern & phase of menstrual cycle

Phase 1
Day 1-5  Menses

Aim: Regulate menses
+ add points to invigorate the qi & blood circulation
Revisiting: Treatment based on pattern & phase of menstrual cycle

Phase 2
Day 4-9  Proliferative Stage/hypothermal phase

Aim: *Promote follicular development*
+ add points to nourish blood & kidney yin
Revisiting: Treatment based on pattern & phase of menstrual cycle

Phase 3
Day 10-16  Ovulatory stage/transitional phase

Aim: *Promote ovulation*
+ add points to warm the Yang and to Invigorate the qi & blood
Revisiting: Treatment based on pattern & phase of menstrual cycle

Phase 4
Day 17-28  Premenstrual / Luteal secretive / hyper thermal phase

Aim: *Fortify the function of corpus luteum*
+ add points to nourish & warm the kidneys and Regulate the blood and the qi
<table>
<thead>
<tr>
<th>TCM patterns of infertility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blood Xu</strong></td>
</tr>
<tr>
<td>Scanty pale late menses</td>
</tr>
<tr>
<td><strong>Kidney Xu</strong></td>
</tr>
<tr>
<td>No conception after many years</td>
</tr>
<tr>
<td><strong>Yang Xu</strong></td>
</tr>
<tr>
<td>Prolonged cycle; scanty or heavy menses</td>
</tr>
<tr>
<td><strong>Yin Xu</strong></td>
</tr>
<tr>
<td>Long term infertility; early scanty pale red menses</td>
</tr>
<tr>
<td><strong>Cold in uterus</strong></td>
</tr>
<tr>
<td>Primary infertility; delayed scant painful menses, dark blood, small clots better for warmth, colder during menses</td>
</tr>
<tr>
<td><strong>Phlegm/Damp</strong></td>
</tr>
<tr>
<td>Long term infertility; irregular delayed cycle, mid-cycle spotting/pain, vaginal D/C; adhesions</td>
</tr>
<tr>
<td><strong>Blood Heat</strong></td>
</tr>
<tr>
<td>Short cycle, heavy flow, feels hot during period</td>
</tr>
<tr>
<td><strong>Qi Stagnation</strong></td>
</tr>
<tr>
<td>Irregular menses, scanty, dark red, PMS</td>
</tr>
<tr>
<td><strong>Blood Stasis</strong></td>
</tr>
<tr>
<td>Irregular painful menses, dark blood, clots, restless</td>
</tr>
</tbody>
</table>
# Kidney Deficient Infertility

## Kidney yang deficiency

Prolonged menstrual cycle, scanty or heavy period; backache, dizziness, feeling cold, depression, frequent urination. Pale tongue and deep, weak pulse

Tonify kidney yang, stoke up the fire of the gate of life, strengthen uterus

- Qi xue (KI-13)
- Shenshu (BL 23)
- Zhishi (BL-52)
- Mingmen (GV-4)
- Lie que (LU-7)
- ZhaoHai (KI 6)

Herbs: Yu Lin Zhu, Ba Zhen Yi Mu Tang, Empirical Prescription
Kidney Deficient Infertility

### Kidney Yin deficiency

Long term infertility, periods early, scanty menstruation, with light colored blood, five-palm heat, night sweating, dizziness, tinnitus. Tongue without coating, red if there is empty heat and pulse : Floating empty or rapid fine

### Nourish kidney yin & kidney essence

- Tai xi (KI 3)
- Guan yuan (CV 4)
- Qi xue (KI 13)
- Yin jiao (CV 7)
- Lie que(LU 7)
- Zhoahai (KI 6)
- Sanyinjiao (SP 6)

Herbs: Yang Jing Zhong Yu Tang, Empirical Prescription
## Blood Deficiency Infertility

### Blood deficiency

Scanty and pale menstruation, delayed cycle, pale complexion, general physical weakness, depression, dizziness, blurred vision and tinnitus.

- **Tongue**: pale and thin
- **Pulse**: Choppy or fine

### Treatment

- Tonify essence and blood, strengthen liver and kidney
- Regulate Chong and Ren

<table>
<thead>
<tr>
<th>Acupuncture Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guanyuan (CV 4)</td>
</tr>
<tr>
<td>Pi shu (BL 20)</td>
</tr>
<tr>
<td>Zigong (EX)</td>
</tr>
<tr>
<td>Sanyinjiao (SP 6)</td>
</tr>
<tr>
<td>Zusanli (ST 36)</td>
</tr>
</tbody>
</table>

**Herbs**: Ba Zheng Tang
**Retention of cold in the uterus**

Delayed menstruation with scanty dark menses, small clots, painful period, better with heat; cold pain in the lower abdomen, cold body and limbs, pale face, sore back.

Deep and slow pulse; Pale with thick, white coating tongue

<table>
<thead>
<tr>
<th>Warming uterus/ tonify kidney yang</th>
<th>Disperse cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yinjiao (CV 7)</td>
<td></td>
</tr>
<tr>
<td>Qugu (CV 2)</td>
<td></td>
</tr>
<tr>
<td>Mingmen (GV 4)</td>
<td></td>
</tr>
<tr>
<td>Ming men (KI 7)</td>
<td></td>
</tr>
</tbody>
</table>

Herbs: Ai Fu Nuan Gong Wan; Wen Jing Tang; Empirical Prescription
## Blood Stagnation

### Blood stagnation

- Irregular and painful periods, dark blood with clots, irritability, mental restless, abdominal pain.
- Purple tongue; wiry or choppy pulse

### Invigorate blood, eliminate stasis, regulate periods

- **Ge shu (BL 17)**
- **Yang ling quan (GB 34)**
- **Taichong (LR 3)**
- **Sanyinjiao (SP 6)**
- **Xuehai (SP 10)**
- **Nei guan (PC 6)**

**Herbs:** Shao Fu Zhu Yu Tang
# Blood-Heat

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early periods, heavy flow, feeling hot during period, thirst, mental restlessness. Red tongue with yellow coating; rapid, overflowing pulse</td>
<td>Cool blood, regulate the period</td>
</tr>
</tbody>
</table>
| | Qu chi (LI 11)  
Xu hai (SP10)  
Ran gu (KI 2)  
Tai chong (LR 3)  
Sanyinjiao (SP 6)  
Ge shu (BL 17)  
Herbs: Qing Jing San |
# Dampness in the lower Burner

<table>
<thead>
<tr>
<th>Irregular periods, delayed cycle, mid-cycle pain, vaginal discharge, long-term infertility, adhesions, obesity, feeling heaviness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sticky coating; slippery pulse</td>
</tr>
</tbody>
</table>

## Treatments

- Resolve phlegm
- Remove obstructions from the directing and penetrating vessels

## Acupuncture Points

- Zhong Ji (CV 3)
- Shui Dao (ST 28)
- Yin Ling Quan (SP 9)
- San Yin Jiao (SP 6)
- Shui Fen (CV 9)
- Lie Que (LU 7)
- Qi Chong (ST 30)
- Si Man (KI 14)

## Herbs

- Qi Gong Wan
# Damp-Phlegm

<table>
<thead>
<tr>
<th>Scanty periods, a feeling of heaviness of the lower abdomen, obesity, excessive vaginal discharge, expectoration of sputum, pre-menstrual breast distension, swelling and pain</th>
<th>Swollen tongue with sticky coating; slippery pulse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resolve phlegm</td>
<td>Tonify spleen and kidney</td>
</tr>
<tr>
<td>Lie que (LU 7)</td>
<td>Zhao hai (KI 6)</td>
</tr>
<tr>
<td>Qi xue (KI 13)</td>
<td>Shui fen (CV 9)</td>
</tr>
<tr>
<td>Fenglong (ST 40)</td>
<td>Pi shu (BL 20) Zu San Li (ST 36) Yin Ling Quan (SP 9)</td>
</tr>
<tr>
<td>Herbs : Qi Gong Wan</td>
<td></td>
</tr>
</tbody>
</table>
Combined Patterns

- Kid-Yang xu with Damp-Phlegm in the uterus
- Kid-Yang xu with Dampness
- Kid-Yang xu with Blood stasis
- Kid-Yang xu with Blood stasis and Dampness

- Please outline the treatment principles and herbal patents for each of the above patterns (based on the 4-phases of menstrual cycle treatment principle).

- Basic general principle to treat combined pattern is treat the root and branch simultaneously
Updated Research on Infertility


ACUPUNCTURE FOR IVF AND ASSISTED FERTILITY
Procedures of In Vitro Fertilization

Human in vitro fertilization is a process in which the egg and sperm are fertilized in vitro, meaning outside of the body in a petri dish. The fertilized embryo is then implanted into female’s uterus. IVF was first successful in the United States in 1981. Since then, it has become a widely accepted method of treatment for infertile couples.

The indications for In vitro fertilization may include:

- Fallopian tube obstruction
- Oligospermia (low sperm count)
- Abnormal cervical factor
- Immunologic factor—husband or wife
- Unexplained infertility
- Infertility after tubal surgery
- Infertility after treatment for endometriosis

Steps of IVF

• Pre-treatment (also referred to as suppression or downregulation)

• Ovarian stimulation

• Final egg maturation (or trigger)

• Egg retrieval

• Fertilization of the eggs in the laboratory (in vitro)

• Culturing of embryos

• Embryo transfer

• Luteal phase (often referred to by patients as the “two-week wait”)

In Vitro Fertilization

https://www.youtube.com/watch?v=uXsCngh89fl
ASSISTED REPRODUCTION TECHNOLOGY

- IUI
- Long Protocol IVF
- Short Protocol IVF
- ICSI
- Frozen Embryo or cryoblastocyst transfer


Chinese medicine and acupuncture can help before IVF

- Help the functions of the ovaries
- Strengthen the immune system and reduce stress
- Help semen quality and quantity
- Diet and lifestyle

Chinese medicine and acupuncture can help during IVF

• Varied with IVF treatment protocol
  (for example, for treating long GnRH agonist protocol; acupuncture can help with treat adverse effects of medication; support patient’s emotionally; and continue to address any underlying based TCM pathology )

• Based on different treatment phase
  (For example, pre-treatment phase, ovarian stimulation phase, egg retrieval phase, embryo transfer and luteal phase )

### Timing of acupuncture treatment

<table>
<thead>
<tr>
<th>Time/key events</th>
<th>Months 6–4</th>
<th>Month 3</th>
<th>Pre-treatment cycle</th>
<th>IVF treatment cycle</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Follcular development</td>
<td></td>
<td></td>
<td>Week 8 Week 7 Week 6 Week 5</td>
<td>Week 4 Week 3 Week 2 Week 1</td>
</tr>
<tr>
<td>2 Sperm production</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Follicular recruitment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Endometrial development</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Follicular response to medication</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 Final egg maturation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 Egg retrieval</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>8 Embryo transfer</td>
<td></td>
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<tr>
<td>9 Implantation</td>
<td></td>
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</tr>
</tbody>
</table>

**Figure 9.3.** Timeline of key events leading to successful IVF.

Irina Szmelskyj, Lianne Aquilina, Alan O. Szmelskyj

**Chapter 9 – Acupuncture during ART**

Acupuncture for IVF and Assisted Reproduction, 2015, 237–274

http://dx.doi.org/10.1016/B978-0-7020-5010-7.00009-6
Acupuncture and IVF fertility

Effects of acupuncture on rates of pregnancy and live birth among women undergoing in vitro fertilisation: systematic review and meta-analysis


A systematic review and meta-analysis of acupuncture in in vitro fertilisation.

LEUKORRHEA
LEUKORRHEA

- A slight clear vaginal discharge that is inoffensive, and increases at mid-cycle is normal.
- It is considered abnormal when it is excessive, coloured, or of increased viscosity.
LEUKORRHEA

- Western medicine views abnormal vaginal discharge as a symptom of genital tract disease or a manifestation of disease elsewhere in the body
- Infection is the most common cause
- Other causes include tumors, fistulas, hormone imbalance (eg. menopause), foreign bodies, trauma, chemicals and radiation
LEUKORRHEA

- According to TCM physiology vaginal discharge is produced, stored and secreted by the Kidneys, transformed and distributed by the Spleen, governed by the Ren Mai and controlled by Dai Mai.

- If Dai Mai loses its restraining and Ren Mai does not secure, Turbid Dampness flows downward in the form of vaginal discharge.
LEUKORRHEA

- The 2 main factors are Dampness and association with the Dai Channel

- There is a saying in TCM:

  ‘There can be no Dai Xia without a Damp condition and all varieties of Dai are due to the Dai Mai not being able to restrain and bind. Hence this disease.’
LEUKORRHEA

- Traditionally vaginal discharge was categorized into White, Red and Yellow vaginal discharge (also red-white, multicoloured):
  - **White (Bai Dai)** due to Qi Xu and presence of Damp. D/C is white, thin and watery
    1. Kidney Yang Xu
    2. Kidney Yin Xu
    3. Spleen Xu
    4. Damp Phlegm
LEUKORRHEA

- **Yellow (Huang Dai)**
  - Due to Damp heat pouring down and dysfunction of Ren and Dai allowing descending Damp to accumulate in pelvic basin.
  - D/C is abundant, yellow, thick and viscous with odour

- **Red (Chi Dai)**
  - Reddish D/C
  - Damp Heat
LEUKORRHEA

General differentiations

- Profuse discharge
- White sticky D/C
- White
- Red, yellow, green
- Dilute, watery
- Thick, sticky
- Profuse red

Kidney Xu
Spleen Xu
Cold
Heat
Cold or Xu
Heat or Dampness
Yin Xu with Damp Heat
LEUKORRHEA

- Odour generally indicates Heat, fishy smell may indicate Cold

- Light coloured, thin, watery without odour  
  Xu or Cold

- Dark, thick, dense with offensive odour  
  Fullness or Heat
## TCM Aetiology and pathogenesis

### Leukorrhea

<table>
<thead>
<tr>
<th>Over-thinking; irregular diet</th>
<th>Overwork; excess sex; multiple births</th>
<th>Excess dairy, greasy, sugary foods</th>
<th>External damp attack</th>
<th>Worry, anger, frustration, resentment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Damages spleen qi/ impaired T&amp;T</td>
<td>Weakens Chong &amp; Ren &amp; Kidneys</td>
<td>Damp Heat</td>
<td>Invades Leg Channels</td>
<td>Liv Qi Stag Liv Qi invades Spleen</td>
</tr>
<tr>
<td>Damp &amp; Water</td>
<td>Dai channel fails to bind Yin fluids</td>
<td>Flows down liver channel</td>
<td>Flows up liver mai (can combine with heat)</td>
<td>Impaired T&amp;T of fluids leads Damp&amp;Water</td>
</tr>
<tr>
<td>Flow down to lower jiao (genital system)</td>
<td>Settles in genital system (lower jiao)</td>
<td>Settles in genital system (lower jiao)</td>
<td>Settles in Liv Channel</td>
<td></td>
</tr>
</tbody>
</table>
Morbid leukorrhea

Physiological vaginal discharge:
- slight discharge
- clear discharge
- inoffensive
- increases at mid-cycle

Pathological vaginal discharge:
- excessive discharge
- coloured discharge
- increased viscosity of discharge
Morbid leukorrhea

- A kind of mucous discharge secreted from a women’s vagina is called leucorrhea.
- If the secretion of leucorrhea is in large quantities and with changes in color and smell, or accompanied by constitutional symptoms, it is called ‘morbid leucorrhea’.
- Vaginal discharge can be physiological (normal) or pathological (abnormal)
TCM physiology of normal vaginal discharge

- Kidneys
- Spleen
- Ren Channel
- Dai Channel
- Liver Channel
Abnormal vaginal discharge (leukorrheal)

Causes:
- Infection most common cause
  - For example bacterial vaginosis (BV); candida; trichomonas; PID
- Tumors
- Hormone imbalance (eg. menopause)
- Trauma
- Radiation
- Chemicals
Differentiation of Vaginal Discharge
<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spleen Xu</td>
<td>Excessive persistent D/C; white or slightly yellow; sticky</td>
</tr>
<tr>
<td>Kidney Xu</td>
<td>Excessive profuse white, dilute D/C</td>
</tr>
<tr>
<td>Kid Yang Xu</td>
<td>Like water or egg white</td>
</tr>
<tr>
<td>Kid Yin Xu</td>
<td>White, dilute (can be red)</td>
</tr>
<tr>
<td>Damp Phlegm (Cold Damp)</td>
<td>Thick white sticky D/C</td>
</tr>
<tr>
<td>Damp Heat</td>
<td>Profuse yellow or brown D/C, sticky, viscous, odour, vaginal itching</td>
</tr>
<tr>
<td>Toxic Heat</td>
<td>Profuse yellow, blood stained or multi-coloured D/C; sticky; foul odour</td>
</tr>
<tr>
<td>Liver Qi Stagnation</td>
<td>Profuse white or yellow, sticky D/C, no odour</td>
</tr>
</tbody>
</table>
Treatment of Vaginal Discharge
<table>
<thead>
<tr>
<th>Condition</th>
<th>Acupoints, Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spleen Xu</td>
<td>CV12, ST36, SP3, BL22, GV20, CV6, CV3, BL32</td>
</tr>
<tr>
<td></td>
<td>reinforce, SP9, SP6 even</td>
</tr>
<tr>
<td></td>
<td>Shen Ling Bai Zhu Wan (Ginseng &amp; Atractyloides)</td>
</tr>
<tr>
<td>Kidney Yang Xu</td>
<td>BL23, CV4, KI13, GB26, ST36, SP6, KI3, GV20</td>
</tr>
<tr>
<td></td>
<td>reinforce &amp; moxa</td>
</tr>
<tr>
<td></td>
<td>Ba Ji Yin Yang Wan (Morinda Combination)</td>
</tr>
<tr>
<td>Kid Yin Xu</td>
<td>CV4, LI13, LU7&amp;KI6, SP6, KI3, GV20</td>
</tr>
<tr>
<td></td>
<td>reinforce</td>
</tr>
<tr>
<td></td>
<td>Zhi Ba Bai Wei Wan (APR)</td>
</tr>
<tr>
<td>Damp Heat</td>
<td>GB41&amp;TE5, CV3, CV2, GB26, SP9, SP6, BL33, BL22,</td>
</tr>
<tr>
<td></td>
<td>BL53 BL30 reduce</td>
</tr>
<tr>
<td></td>
<td>Bi Xie Shen Shi Wan (when damp greater than heat)</td>
</tr>
<tr>
<td></td>
<td>Long Dan Xie Gan Wan (Gentiana Combination)</td>
</tr>
<tr>
<td>Toxic Heat</td>
<td>LI11, SP9, SP6, CV3, CV2, SP10, KI2, LR2 reduce</td>
</tr>
<tr>
<td></td>
<td>Wu Wei Xiao Du Yin (Dandelion &amp; Lonicera)</td>
</tr>
<tr>
<td></td>
<td>Chaun Xin Lian Wan (Anti-Phlogistic Tablet)</td>
</tr>
<tr>
<td>Liver Qi Stagnation</td>
<td>Reduce: TE6, GB34, LR3, LR5, SP9, BL18, GB26, GB41&amp;TE5,</td>
</tr>
<tr>
<td></td>
<td>&amp; reinforce BL20, ST36, SP6</td>
</tr>
<tr>
<td></td>
<td>Xiao Yao Wan (Bupleurum &amp; Peony)</td>
</tr>
</tbody>
</table>
Research & vaginal discharge

Results were significant (p<0.05) in a reported study* on effectiveness of acupuncture compared to antibiotics in treating chronic pelvic inflammatory disease (PID) with vaginal discharge:

- 88.4% effectiveness rate using acupuncture/moxa/EA averaging 23.5 daily treatments compared with 52% effectiveness with antibiotics
- 46% of cases achieving complete relief of S/S with acupuncture compared with 16% using antibiotics
- results sustained for 1 year
- those with PID for 1 year responded better than those with a longer duration

Another Chinese study* which used ERER method on Ren 2 every 3rd day, and included moxa if diagnosed as cold damp reported 100% effectiveness rating (27 cases cured; 3 improved).

Break
Practical section
Session 10 Practical Activity

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

- Case study based practical skills building up
Case Study

29 year old female presents with infertility. She had been trying to conceive for five years. She and her husband are in good health.

Menstrual cycle: menarche began at 16 with a 36-43 day cycle lasting 3-5 days. The flow was scant & light; small quantity of clots. Breast fullness and severe low abdominal pain/cramping 3-5 days pre-menses. Accompanying S/S: pallor, fatigue, dizzy, insomnia, poor appetite, abdominal distention and leukorrhea. Tongue: pale with thin white coat and purple spots. Pulse: wiry and thin.
Case Questions

1). What is the diagnosis?

2). What is the treatment principle?

3). Choose five points to treat this condition based on your diagnosis.


5). Recommend any lifestyle/dietary advice for this condition.
References

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