

Treatment Strategy II

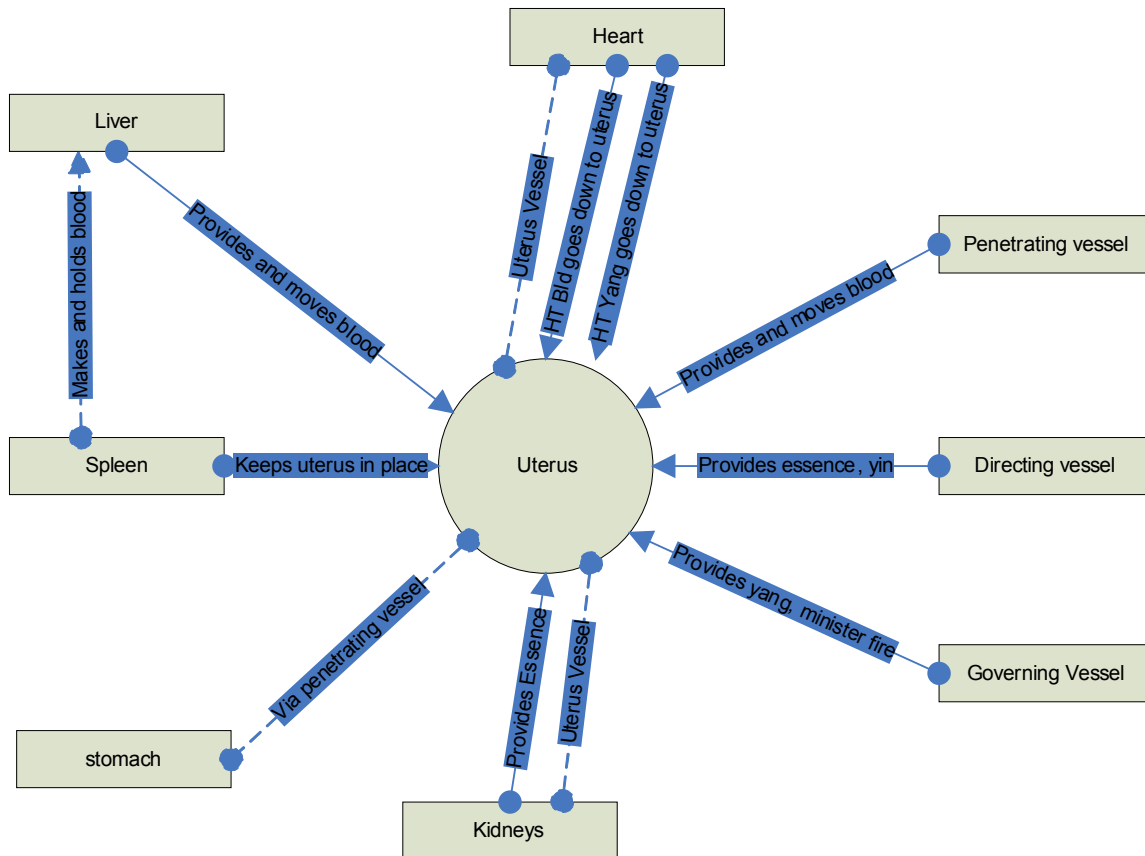
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1. Gynecology

1.1. Misc Notes:

- Women are considered more yin. Certain aspects are more yang. A women's physiology is related to the blood.
- Uterus one of the six extraordinary organs. It's hollow (yang), and it's function is to discharge things – again this is yang. It stores blood and nourishes the fetus during pregnancy, a yin thing.
- It is related to the kidneys “the uterus channel extends to the kidneys”.
- Su Wen: “The uterus vessels pertain to the heart and extends to the uterus.”
- See chapter 18 in CAM for notes.



1.2. Terminology

Amenorrhea

- absence of menstruation
- Normal pre-puberty
- Normal after menopause
- Normal during pregnancy and lactation

Dysmenorrhea

- Pain with menstruation
- This can be a common problem for women can range
 - from cramping
 - to labor like pains.
 - Before period – liver qi stagnation
 - During period – blood deficiency or blood stasis
 - Sometimes after period – blood deficiency (yin deficiency)
- Sometimes in lower abdomen, sometimes in sacrum (and down into legs), or both
- Can include nausea, vomiting and even fainting.

Menarche

- Onset of first menstrual period
- Statistically starts at age 12. (Can start as early as 6 in recent history) Can be as early as 8 in industrial countries now
- After 16 and before 10 is considered outside normal in Chinese medicine

Menopause

- Cessation of menstruation
- Average age is 50
- If occurs before 35, this is premature.
- If not by 55, it is delayed.
- (If no period within a year, this is menopause by western period)

Menstruation

- Bleeds 3-7 days, 5 days average
- Every 28 days can run 21-36
- Irregular can include
 - Timing (shortened or late timing or even erratic periods.
 - If a period is 7-8 days early, it is considered too early
 - If a period is 8-9 days late, it is considered too late.
 - Its not abnormal to have first couple of periods erratic and as menopause approaches.
 - Amount and color of flow

1.3. Phases of menstrual cycle

- Menstrual
 - About five days (3-7 days is normal)
 - Time of actual bleeding is moving
 - LV qi must be moving smoothly, and sufficient liver blood.
- Post Menstrual phase
 - 7 days
 - Bld deficiency during this phase.
 - Yin deficiency phase
 - Ren and Chong are a bit depleted
 - Nourish blood and nourish yin (nourish LV and KD)
- MidCycle
 - 7 days
 - Ovulation occurs here.
 - Blood can start to get filled up again
 - Yin starts to become replenished.
 - Nourish the KD essence to facilitate ovulation
- Pre-menstrual phase
 - 7 days
 - Yang qi rises
 - LV qi has to be moving smoothly
 - Tonify Yang Qi, move liver Qi if stagnant

2. Irregular Periods

- Emotional stress can cause irregular periods
 - Can cause Liver qi to stagnant

- Can block the Ren and the Chong
- This can cause an obstruction
- If LV is in charge of filling the Chong Vessel, and the LV is stagnant, the Chong won't be filled.
- Over Work – too many children too soon, depletes the KD
 - When KD is deficient, the Ching and the Ren become deficient. So no period can occur.
 - This usually occurs in older people as KD essence declines.
 - Too much sex can also deplete the kidneys.

2.1.Periods too short

2.1.1.Heat in the blood

- Causes bleeding problems and can cause early periods.
- Can be excess heat – (Diet, or improper herbs for example)
- Can also be due to yin deficiency
- Heat can also be due to LV qi stagnation
- (Heat at the blood level causes reckless movement of blood and early period.
- Heat in blood can shorten cycle
 - Dark red blood, boils down the blood to thicken and darken
 - This can affect the LV and heart and the person can become restless
 - HT fire – heart can transfer fire to SI, and then from the SI to UB. This could also involve a bladder infection.
 - Tongue will show heat with yellow coat
 - Pulse: rapid
 - Clear heat and cool the blood, regulate the chong and Ren

Treatment

- CV3
- LI11
- SP10 – along with LI11, by itself it harmonizes menstruation
- LV3
- KD5 – xi-cleft – on yin they are strong to regulate blood. Benefits the menstruation, reduces the heat.
- SP1 – stops bleeding (jing well point) (can prick to bleed, perp insertion, moxa) (Calms the heart)
- PC5 is good to calm, regulates menstruation

2.1.2.Irregular Periods - Blood heat from Liver Qi Stagnation

S&S

- Pain and distention
- Clotting blood in flow
- Heavy or light discharge

- Breast discomfort
- Pin in inguinal area
- Lower abdominal distention
- Stuffiness in chest
- Sighs frequently
- Irritable and moody
- Bitter taste in mouth
- Tongue: red, yellow coat
- Pulse: wiry, rapid

Treatment Principle

- Clear liver qi stagnation, regulate the period

Treatment

- CV3
- LI11
- SP10 – along with LI11, by itself it harmonizes menstruation
- KD5
- LV2
- LV14 – helps spread liver qi and move the blood
- LV1 – helps stop menstrual bleeding
- CV6 – qi hai – used to tonify (strongly) the yang qi and to treat the qi stagnation. Stuckness in the lower jiao and abdomen.
- KD13 – meeting point of the KD and the chong vessel/.
- PC6 –cools and calms the blood
- SP8 – x-cleft of the spleen (good for acute conditions, invigorates the blood)

2.1.3. Deficiency yin

S&S

- Can cause heat at the blood level.
- Shortened cycle
- Signs of yin deficiency
- Night sweats
- Restlessness
- backache
- All the yin deficiency signs
- Tongue: red and peeled
- Pulse: rapid and thready

Treatment Principle

- Nourish yin and clear the heat.

Treatment

- CV3
- SP10
- KD2 – yin g spring point – clear deficiency heat – does not nourish yin
- SP6 – nourish yin
- KD6 & HT6 – as a combine
- YaoYan – with LBP
- UB23

2.1.4.Qi Deficiency

S&S

- Over exertion
- Improper diet weakening the SP qi
- Period starts early because the spleen doesn't hold it in properly (like prolapse)
- Thin and copious light-colored menstrual discharge
- Lose stools
- Fatigue
- Empty sensation in lower abdomen.
- Loss of appetite
- Bearing down sensation (prolapse sensation)
- Palpitations – blood deficiency (SP qi deficiency is blood and qi deficiency)
- Pulse: thin, weak, choppy
- If pulse is not rapid, it's more qi deficiency...

Treatment Principle

- Supplement qi, regulate the blood

Treatment

- CV6
- SP6 & ST36
- CV12
- SP10
- BL20 – back shu of spleen
- Spleen and kidney yang become deficiency together (BL23 and CV4)

2.2.Menstrual Cycle too long

This is the time between periods. More than 8 or 9 days late

2.2.1.Blood deficiency

S&S

- With loss of blood due to hemorrhage

- Chronic diseases that exhaust the body.
- Improper diet
- Over exertion.
- Weak body type
- Nei Jing “ blood cannot form the timely tide in the sea of blood”
- Delayed cycle
- Small amount of light colored blood
- No clots
- Empty sensation and pain in the lower abdomen.
- Dizziness and vertigo
- Blurred vision – insufficient liver blood
- Palpitations – not enough heart blood
- Insomnia
- Pale or sallow complexion
- Tongue: pale
- Pulse: weak, thready

Treatment Principle

- Supplement blood and regulate menstruation

Treatment

- BL20
- ST36
- SP6
- BL17 – influential point of blood – good for any blood problem.
- CAM:
- CV4 – good as a building point. (CV3 is good to clear and move, CV4 is used to nourish and build) (cv intersection of 3 leg yin and connects with uterus. Often used with SP6.
- CV6 – chong and ren are regulated.
- DU20 – added to being up the qi and blood. Helps with blurred vision and dizziness
- HT7 – helps with palpitations and insomnia

2.2.2.Cold in the blood

S&S

- Due to yang deficiency
- Due to eating too many raw cold foods
- Exposure to elements
- Cold blocks the flow of blood.
- So, not much blood,
- Dark colored blood
- May contain clots
- Feeling of cold in uterus

- Cold causes severe pain (wants heating pad/hot water bottle)
- Limbs can be cold (with yang deficiency)
- Tongue: thin white coat
- Pulse: Slow, deep, tight

Treatment Principle

- Warm the channels, dispel the cold, regulate the menses

Treatment

- CV4, CV6 w/ moxa
- SP6
- ST29 – four cun down from navel, 2 cun lateral w/ moxa
- ST25 – mu point for LI – pain in the abdomen
- CV3 – for large clots (blood stasis from the cold)
- KD14 – it meets with the chong vessel (know kidney points meet with the chong vessel)
- If more deficiency than excess cold, warm ming men ho

2.2.3. Qi stagnation

S&S

- Emotional component to delayed period (stagnant liver QI)
- Liver is interfering with the smooth flow of blood. (can shorten or lengthen, or make it erratic)
- Blood clots
- Mental depression/emotional component/moody
- QI stagnation – distention
- Pain that moves
- Pain Under the ribs
- Pain and distention in the breasts
- Pain and stuffiness in the chest
- Pulse: wiry
- Emotions

Treatment Principle

- Smooth the liver and smooth the qi

Treatment

- Reducing method (because stagnation is considered an excess problem)
- ST25 – eliminate stagnation in the lower abdomen.
- KD13 – meeting of KD and chong
- SP8 – xi cleft of spleen – moves the blood and qi
- LV3 – root of the problem

- LV4 – for breast distention
- LV14 – helps spread liver qi
- PC6 – for fullness and discomfort

2.3.Unpredictable Menstrual Cycle

2.3.1.LV qi stagnation

S&S

- Discomfort in abdomen
- Can also cause unpredictable menstruation timing as well.
- Symptoms as above.

Treatment

- LV3
- SP8
- CV6
- LV14 & CV17 for distending pain in the chests/breasts
- Other points as above
- CAM
 - CV6 – move qi in lower jiao
 - KD14 – chong kidney connection
 - PC5 & LV5 - good to help relieve stagnation of liver qi.

2.3.2.KD deficiency

S&S

- Small amount of light red or pale blood.
- Sore and weak back
- Weak knees
- Affects hearing – tinnitus, dizziness
- Urination – frequent night urination
- Loose stools
- Tongue: pale, thin coat
- Pulse: thready, weak, deep

Treatment Principle

- Supplement the kidney,s regulate the menses

Treatment

- CV4 strong to tonify
- BL23 strengthens the kidneys to contain the essence

- KD8 – xi cleft of the yin qiao, also good in cases of deficiency causing menstrual problems
- WU:
- SP6
- KD3
- KD5 – xi cleft of KD (xi cleft of yin channels affect the blood)
- LBP – KD10 (and knee pain) and Lumbar

3. Amenorrhea

No period

Western:

Primary and secondary amenorrhea

Primary – no menstruation by age 18.

Secondary – has had periods, but they have stopped for three months.

You should rule out pregnancy if the patient has amenorrhea.

Normal to skip periods as they approach menopause.

Primary amenorrhea can be due to

- Congenital abnormality (no uterus, no ovaries, etc)
- Hormonal disorder (hypothalamus, ovaries, pituitary, any part of the endocrine system)

Secondary

- Due to pregnancy (post pregnancy)
- Hormonal imbalance (pituitary, adrenal, thyroid, ovaries)
- Diabetes
- Cancer
- Tumors/cysts
- Nutritional disorders
- Obesity
- Chronic diseases like nephritis, RA, etc
- Psychological problems
- Surgery
- Radiation therapy
- Inflammatory diseases
- Long time use of contraception drugs
- Excessive sports (low body fat)

3.1. Deficiency Problems

3.1.1. Blood deficiency

S&S

- Seen with weakness of digestive system
- Sp and ST not making blood
- More deficiency of LV and HT blood as well.
- Dietary factors,

- emotional factors (affect the HT blood)
- Long term disease
- Breast feeding for too long can damage the digestive organs
- Severe loss of blood
- Entering the bedroom in a drunken straight
- Delayed menstrual cycle the gradually decreases and finally stops.
- Blood is thin and pale
- Blood fails to nourish muscles, nails, head
- Dry hair/hair loss
- Tiredness, fatigue
- Numbness and tingling in the limbs.
- Brain isn't nourished (poor memory and dizziness)
- Liver blood deficiency dry eyes, blurred vision)
- SOB of breath and fatigue
- Loose Stools
- Tongue; pale w/ white coat (swollen if PS qi deficient)
- Pulse: thin and threat

Treatment Principle

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Treatment

- CV4
- BL20
- BL18, BL23, BL17 w' moxa
- SP6
- SP10 – blood often stagnant with deficiency (move blood stasis before building blood)
- LV8 – nourish blood and yin – gently move blood, also benefits the uterus
- Zi Gong – strengthens blood and uterus
- RUN 17, 6 – used for emotional upset.

3.1.2. Deficiency of LV and KD Yin

S&S

- Yin deficiency signs
- Dries yin and blood of the body.
- Chong vessels become empty and so no period.
- Deficiency heat signs
- Night sweats
- (Could also be LV and KD yang)

Treatment Principle

- BL18
- BL23
- BL17
- SP6
- ST36
- LV8
- KD3
- KD13 – point of Chong and KD
- Xue Fu – level with BL23 at waist, 4 cun out.
- Zi gong – palace of the child (CV3, 3 cun out)

Treatment

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3.2.Excess Problems

3.2.1.External Pathogenic Factor

S&S

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Treatment Principle

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Treatment

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3.2.2.Qi and Blood Stagnation

S&S

- Can come from emotional stress
- Blood stasis obstructs the Chong vessel so that blood can't flow
- Period stops
- There is an emotional component
- Fullness and distention feelings
- Fixed pain
- Dark complexion
- Skin isn't nourished- it's dark and dry (charcoal cast to the skin)
- Tongue: dark purple tongue (blood stasis)

Treatment Principle

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Treatment

- ST29 – local point and good to relieve stasis
- SP10
- CV3 – to get things moving
- LV3 (perhaps the four gates)
- SP6 – brings things down – gets things down, calming for emotional component
- KD14 – breaks up stagnation in the lower abdomen
- SP4 & PC6 – extraordinary vessel for Chong vessel
- CV6 – moving things in the lower jiao

3.2.3.Damp and Phlegm Obstructing Uterus

S&S

- Related to diet, associated with SP injury.
- Dampness obstructs the lower jiao and uterus.
- Period stops
- There isn't an emotional component
- More spleen stuff.
- Fatigue and tiredness can happen
- Overweight
- Heavy feelings
- Phlegm in throat, post nasal drip
- Nausea and vomiting
- Vaginal discharge (dampness in lower jiao)
- Tongue: Sticky, wet

Treatment Principle

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Treatment

- CV3 – things in the lower jiao (break through the dampness)
- ST40
- SP9
- CV12
- SP6
- CV9
- GB41 & TW5 – another extraordinary treatment (Dai vessel) – helps resolve dampness in the lower jiao (sensation of sitting in a tub of water)
- CV6 – move qi in the lower jiao
- BL32 – for excess vaginal discharge – good for genital problems