

Treatment Strategy 2

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1. Dysmenorrhea

- Pain before, during or after the period.
 - Usually felt in lower abdomen, but can also be pain in sacrum, sometimes the pain goes into the legs as well.
- Nausea and vomiting.
- Fainting is possible.
- Western Medicine

1.1.Primary

- Start period in adolescence, there is no other contributing factors. There is simply pain with the period.
- Until a body knows what to do, there can be uterine contractions causing blood not to flow. (blood stasis)

1.2.Secondary

- Starts later in life
- Associated with other organ problems
- Could be endometriosis.

1.2.1.Pelvic inflammatory disease (PID)

- This is an infection caused by bacteria
- Associated with gonorrhea and chlamydia.
 - Chlamydia can be asymptomatic.
- Affects the uterus, vagina, pelvic ligaments, fallopian tubes, etc
- Can get it:
 - Women can have history of intercourse with STD positive people or the use of IUD's.
 - People with histories of abortion can also get PID's.
 - Child birth
- Can be treated with antibiotics

1.2.2.Myomas (cysts or tumors)

- A person can have no previous symptoms.
- Fibroid tumors in muscle wall of the uterus.
- They can be small (2cm or less).
 - If they are smaller, acupuncture can make them go away.
 - Herbs and acupuncture can be used: Cluster dissolving herbal formula (Kan or Traditionals).
- The larger ones are difficult, but it is possible.
 - You can still treat the pain however.
 - You can get them to go away (grapefruit sized)
- Usually a blood stasis thing, but can be phlegm as well. See below.

1.2.3. Endometriosis:

- Lining inside the uterus grows outside of the uterus causing painful periods.
- It can grow around the ovaries, the vagina, the rectum and Large intestines.
- Pelvic pain
- Starts one or two days before the period and lasts throughout the period.
- Can have pressure pain with defecation.
- Low back ache w/ pain radiating into the thighs.
- Pain with intercourse.
- Amount of endometriosis does not necessarily correspond with the amount of pain.
- Tough to diagnose and differentiate between endometriosis, PID, and myomas, so make sure to get a referral to an MD/Gynecologist. (It may even be something like IBS...)
- Laproscopic surgery can be used to see what is causing the pain and the problem.
- 30% - 70% being treated for infertility are found to have endometriosis.
- Surgery/hysterectomy is the most common western treatment. Resection of the diseased areas.
- There's a drug called danazol that was used, it has a lot of side-effects though.
- If you are treating someone and the pain doesn't get better, suspect endometriosis.

1.3. TCM

- Liver is important
 - In charge of blood
- Ching is important
 - Sea fo blood
- Ren Vessel
 - Conception vessel

1.3.1. Etiology

- Can be due to the involvement of the liver
 - Emotions cause the liver qi to stagnant; can cause blood to stagnate, which causes fixed pain.
- Exposure to cold
 - Uterus can be affected by direct strike from cold.
 - Cold and dampness can often be cause of primary Dysmenorrhea.
 - Cold and damp can easily invade the uterus when there is vacuity. (During certain portions of the cycle)
- Vacuity if yang with internal cold
 - Those with yang deficiency have predisposition to this problem
- Qi and Blood vacuity
 - Chronic illness/over work depletes qi and blood
 - Especially of the spleen and stomach
 - Too much sex and too many children too soon.
 - Have sex at too early an age. (hurts the liver and kidneys)
 - Therefore the chong and the ren will be deficient as well.

- Time of pain can help diagnosis
 - Pain before and during can mean an excess problem.
 - Pain after period is indicative of a deficiency type of problem.
- Always have something to do with the flow of qi and blood in the uterus.
 - Impaired flow due to deficiency
 - Due to stagnation
 - It's not a smooth flow.

1.4.Excess Dysmenorrhea

Excess	Cold and damp	Stagnant LV Qi	Damp Heat
Pain	<ul style="list-style-type: none"> • before/during the peirod • Feels cold @ abdomen 	<ul style="list-style-type: none"> • Pain before/during period • Feelings of fullness/distention 	<ul style="list-style-type: none"> • Pain before period
Blood	<ul style="list-style-type: none"> • Small amount of dark blood • With clots 	<ul style="list-style-type: none"> • Small amount of dark blood • With clots 	<ul style="list-style-type: none"> • Thick and black/red/scorched blood with clots
Other Symptoms	<ul style="list-style-type: none"> • Aversion to cold • Other aches and pains • Back ache in sacrum 	<ul style="list-style-type: none"> • Hypochondirum pain (Stuffy in chest) • Back ache in sacrum 	<ul style="list-style-type: none"> • Burning pain • Feelings of heat/overly warm • Concentrated urine • Leukrorrhea (more yellow/itchy) • Feeling distention in the lower abdomen or sacrum area • Back ache in sacrum
Tongue	<ul style="list-style-type: none"> • White coat/slimy 	<ul style="list-style-type: none"> • Dark, purple spots on edge 	<ul style="list-style-type: none"> • Red, slimy, yellow coat
Pulse	<ul style="list-style-type: none"> • Tight, Deep (attacks the organ) 	<ul style="list-style-type: none"> • Wiry 	<ul style="list-style-type: none"> • Rapid, slippery/wiry

- Back ache in sacrum because of the connection of the uterus with the kidney.

1.4.1.Cold and damp

Treatment

- CV3 – to scatter cold
- BL32* - the empirical point for dysmenorrhea (sacrum point)
- SP10 – to invigorate blood
- SP8
- Four gates (LI4, LV3)
- ST29, ST27 – points w/ moxa to warm the lower abdomen.

1.4.2.Liver Qi

Treatment

- CV3 – to scatter and break up everything including clots.
- KD14 – the chong meets with the kidney channel – helps regulate the chong.
- ST28 – dispels stagnation, get's things moving.
- BL32* - for all conditions

1.4.3.Damp Heat

Treatment

- ST28
- SP9
- CV3
- BL32
- LV2 and LV3 (ying spring take heat our of liver – liver stores the blood, so cool this channel)
- KD2 and LV3

1.5.Deficiency Dysmenorrhea

	KD Yang -	LV & KD (yin)-	Qi & Bld -
Pain	<ul style="list-style-type: none"> • After period there is more pain • Better w/ pressure & heat 	<ul style="list-style-type: none"> • Vague/diffuse pain • Before or after the period • Better w/ pressure 	<ul style="list-style-type: none"> • Vague/diffuse pain • During and after the period • Better with pressure
Blood	<ul style="list-style-type: none"> • Small amount of dark bld 	<ul style="list-style-type: none"> • Thin, light colored discharge 	<ul style="list-style-type: none"> • Thin and light colored discharge
General symptoms	<ul style="list-style-type: none"> • Back aches • Knee aches • Copious clear urine (nocturia) 	<ul style="list-style-type: none"> • LBP • Not so much appreciative of warmth • Fatigue • Dizziness • Tinnitus • Deficiency heat 	<ul style="list-style-type: none"> • Tired • Weak • Dull lusterless complexion • Poor appetite • Loose stools • SOB • Palpitations • Insomnia
Tongue	<ul style="list-style-type: none"> • White moist coat 	<ul style="list-style-type: none"> • Thin, peeled, red 	<ul style="list-style-type: none"> • Pale
Pulse	<ul style="list-style-type: none"> • Deep, weak 	<ul style="list-style-type: none"> • Thready, deep, weak 	<ul style="list-style-type: none"> • Weak, thready

1.5.1.Kidney Yang deficiency

Treatment

- Core
 - CV4 – tonifying point (board questions) w/ moxa
 - BL23 – nourishes the blood in the uterus
 - ST36 & SP6 – build yin, qi, and blood
 - BL32
- LU7 (right) & KD6 (left)

1.5.2.Liver & Kidney yin deficiency

Treatment

- Core
 - CV4 – tonifying point (board questions) w/ moxa
 - BL23 – nourishes the blood in the uterus
 - ST36 & SP6 – build yin, qi, and blood
 - BL32
- BL18
- KD3
- KD6
- LU7 (right) & KD6 (left)

1.5.3.Qi and Blood deficiency

Treatment

- Core
 - CV4 – tonifying point (board questions) w/ moxa
 - BL23 – nourishes the blood in the uterus
 - ST36 & SP6 – build yin, qi, and blood
 - BL32
- BL20
- LU7 (right) & KD6 (left)

1.5.4.Ear Acupuncture

- Seeds or tacks
 - Uterus
 - Endocrine
 - Sympathetic
 - Kidney

2. Uterine Bleeding (Metrorrhagia)

Beng (flooding) Luo (trickling)

- Flooding - Bleeding before the proper time or a lot of blood
- Trickle – period continues with a small amount of blood after the proper amount of time
- These two can go back and forth during the course of a problem.
- In Chinese medicine, if a woman has chronic excessive bleeding, it uses up the qi and blood and it causes qi and blood deficiency which can cause trickling...
- Long time trickle of bleeding can cause gushing/flooding bleeding.

2.1. Western

- 50% of cases have unknown etiology, even after surgery (hysterectomy)
- Cancer of the cervix can cause.
 - Cervical cancer more common in women over the age of 50.
 - Bleeding between periods can be one fo the first signs of cancer
 - Unusually blood being passed with stool
 - Bleeding With intercourse
 - If bleeding occurs, it means advanced stage of cancer.
 - A blood tinged vaginal discharge
 - Irritable bladder
 - Sacral pain
 - Swollen lymph glands on one side
- Cancer of uterus
 - 75% of women with uterine cancer are postmenopausal
 - More common in women with no children or with one child.
 - More prevalent in overweight women, diabetes, or with hypertension.
 - **The key to this uterine cancer is seen in postmenopausal women who bleed in menopause**
- Endometriosis
 - As before
- Myomas/fibroids
 - As before
 - Uterine fibroids is probably the most common cause for uterine bleeding
 - 20%-25% of women over age 35 have fibroids.

2.2. TCM

- Caused by some type of damage to the chong or the ren
 - Organ deficiency
 - Spleen qi deficiency
 - KD Yang deficiency
 - Heat injuring the chong and the ren
 - Excessive heat
 - From diet
 - From predisposition
 - From emotions (LV Qi X turns to LV/HT fire)
 - Yin deficiency heat (can lead to empty heat, can lead to fire effulgence)

- Blood heat
- Blood Stasis
 - If the blood is stuck, it can cause excessive blood loss during the period or blood loss before and after the time.
 - It's stopped up so it has to go someplace else.

2.3. Deficiency

	SP Qi -	KD Yang -
Bleeding	<ul style="list-style-type: none"> • Blood is thin and light colored discharge. 	<ul style="list-style-type: none"> • Blood is thin and light colored discharge.
Other	<ul style="list-style-type: none"> • Pale complexion • SOB • Loose stools • Poor appetite • Doesn't want to talk 	<ul style="list-style-type: none"> • Dull Complexion • SOB • Loose stools • Cold signs • LBP • Frequent urination • Like standing in hot shower/heating pad • Back feels cold
Tongue	<ul style="list-style-type: none"> • Pale, white coat 	<ul style="list-style-type: none"> • Pale white coat
Pulse:	<ul style="list-style-type: none"> • Deep, thready, weak 	<ul style="list-style-type: none"> • Deep, thready, weak

- Failure of the blood to be warmed up.

2.3.1. Sp Qi –

Treatment

- Du20 – helps the yang qi to ascend
- CV4 – adjust the chong and the ren, it builds things as well.
- ST36 & SP6 – tonify everything (SP included so SP can hold up the blood)
- SP1 – empirical point for menstrual bleeding
- TW4 – yuan src for TW. Important because original qi of the body resides at the yuan source points. Esp. for the TW, because the TW moves the original qi throughout the organ systems. You are reinforcing the foundation
- BL20, BL21
-

2.3.2. KD Yang –

Treatment

- CV4 – taps into yuan qi of the body, tonification point, help sthe kidneys, adjusts the chong and ren
- BL233 for kidney yang
- CV6 – qi hai – raise the qi, and the yang of the body.
- DU4 – with warming needle & moxa (otherwise you cool the body)

2.4.Heat in the body

	Blood Heat	KD Yin -
Bleeding	<ul style="list-style-type: none"> • Flooding of blood • And perhaps Tricking afterwards • Bright red blood (or scorched and cooked down, so could be dark) 	<ul style="list-style-type: none"> • Trickling of blood after the period. • This is a late cycle • Bright red blood
Other Symptoms	<ul style="list-style-type: none"> • Flushed face • Feelings of hot all the time • Aggressive and agitated/irritable • Thirst, desire for cold drinks • Dark concentrated urine • Constipation 	<ul style="list-style-type: none"> • Malor flush • Hot during afternoon/evenings • Restless, fidgety • Five heart heat • Thirst w/o desire to drink • Dark concentrated urine • constipation
Tongue	<ul style="list-style-type: none"> • red , yellow coat 	<ul style="list-style-type: none"> • red, peeled coat
Pulse	<ul style="list-style-type: none"> • Excess rapid 	<ul style="list-style-type: none"> • Deficient (forceless, thready) rapid

2.4.1.Blood Heat

Treatment

- Clear heat, cool blood
- CV3 – for excess, gets things moving, adjust the chong and the ren
- SP10 – cools and moves blood
- SP1 – for menstrual bleeding
- LV8 – helps sooth the liver qi, the excess heat from the emotions
- If external heat
 - LI11 or LI4 for exterior attacks
 - Du14 – to clear heat
- If more HT fire (from diet)
 - HT8
 - LV2, LV3 –if liver involvement
 - PC5 – for irritability – jing river point and
 - KD5 – he sea of kidney, cool the blood in the uterus.

2.4.2.KD Yin – (deficiency heat)

Treatment

- CV4 – to tonify
- BL23
- SP6 & ST36
- KD3 – nourish the kidneys

- KD2 – ying spring point of KD
- KD8 – xi cleft point of yin qiao (regulate chong and ren) xi cleft on yin channels strong to affect blood
- KD6 – for night sweats
- HT7 – insomnia
- KD6 and HT6 for night sweats and insomnia
- Day sweats – CV4 & ST37

2.5. Blood Stasis

- Period starts with flooding or trickle, can go for a long time after the period.
- Blood is dark and contains clots
- Pain in lower abdomen (stagnation)
- Abdominal pain that is worse with pressure (excess problem)
- Pain is relieved when clots come out
- Stagnation
 - Dusky complexion
 - Dry/scaly skin
 - Tongue: blue/purple or reddish purple – purple stasis spots
 - Pulse: wiry/rough or choppy – pulse is not smooth

Treatment

- CV3 – to get things moving properly
- SP4^R & PC6^L – extraordinary points for the Chong Mai
- SP8 – to invigorate blood
- SP1 – w/ moxa – even if there is heat... also perhaps with LV 1. – liver one also cools the blood
- ST30 – this is called qi chong. (Chong vessel) help invigorate the blood. Strong meeting point with the chong, and the three yin of the leg
- SP12 – chong men (chong vessel) help invigorate the blood

2.6. Ear Acupuncture

- Uterus
- Ovaries
- Endocrine
- Liver
- Kidney
- Shen men
- Don't forget yunan baiyao

3. PMS

3.1.1. Excess Liver Qi

3.1.2. Phlegm Fire

3.1.3. Liver Blood Deficiency

3.1.4. LV & KD Yin –

3.1.5. SP & KD Yang –

4. Vaginal Prolapse

4.1. Western

- 3 degrees of severity
 - 1st – cervix descends to the vaginal opening
 - 2nd – cervix protrudes through the vaginal opening
 - 3rd – uterus is protruding out of the vagina
- Weight bearing during pregnancy
- Trauma of giving birth
- Post menopause, the decrease of estrogen allows the prolapse, estrogen keeps tissues elastic and strong.

4.2. TCM

- Excessive physical exercise – over a long time
- Sports – over a long time
- Injury of spleen qi
- Excessive lifting hurts the kidneys
- Chronic illness depletes the SP and KD. The qi often becomes deficient together with the KD and the SP.
- Long term cough can also cause this.
- Key symptoms:
 - Feeling of bearing down
 - Frequent urination
 - Symptoms worse with overwork
 - Qi deficiency signs
 - SOB
 - Doesn't want to talk
 - Frequency of urine
- Three extraordinary vessels
 - Weakness in either of these can cause prolapse:
 - DU
 - REN

- Dai Mai – GB41... Goes around and holds things together like a girdle.

4.2.1.SP QI –

S&S

- Feeling of weakness, limbs are weak, fatigue and weak all over.
- Dampness and things leaking out – larger amount of thin vaginal discharge (white, there's no heat)
- Tongue; pale
- Pulse: deep and weak

Treatment

- DU 20
- CV6
- Zi Gong
- CV12 – for bearing down feeling
- GB41
- GB28 – meeting of GB and Dai mai
- ST36, SP6
- BL20

4.2.2.Kid QI –

S&S

- LBP, Knees feel weak
- Dizzy, vertigo, tinnitus
- Lack of vaginal secretions is possible
- Frequent urination at night
- Pulse: deep and weak
- Tongue: pale, pale red

Treatment

- DU 20
- CV6
- Zi Gong
- GB28 – meeting of GB and Dai Mai* (Intersection points)
- CV12 – for bearing down feeling
- GB41
- KD6
- KD12
- BL23 – tonify kidneys and LBP

4.2.3. For accompanying infection

- SP9, CV3
- BL34 special point for regulating menstruation and stops leukorrhea