



Menstrual Regulation – Integrating TCM with Western Herbals

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Disclosures

Relevant Financial Relationships:

- Employed at Veteran's Administration in Florida
- Employed at Serenity Family Wellness as Clinical Director
- Co-Founder of Fusion Care
- Lecture sponsored by Lhasa OMS

Relevant Nonfinancial Relationships

- Past President of the ACA Acupuncture Council
- Former member of the IDFPR Acupuncture Board
- Educational coordinator for the ACA Pediatric Council

The information within this presentation will be given fairly and without major bias



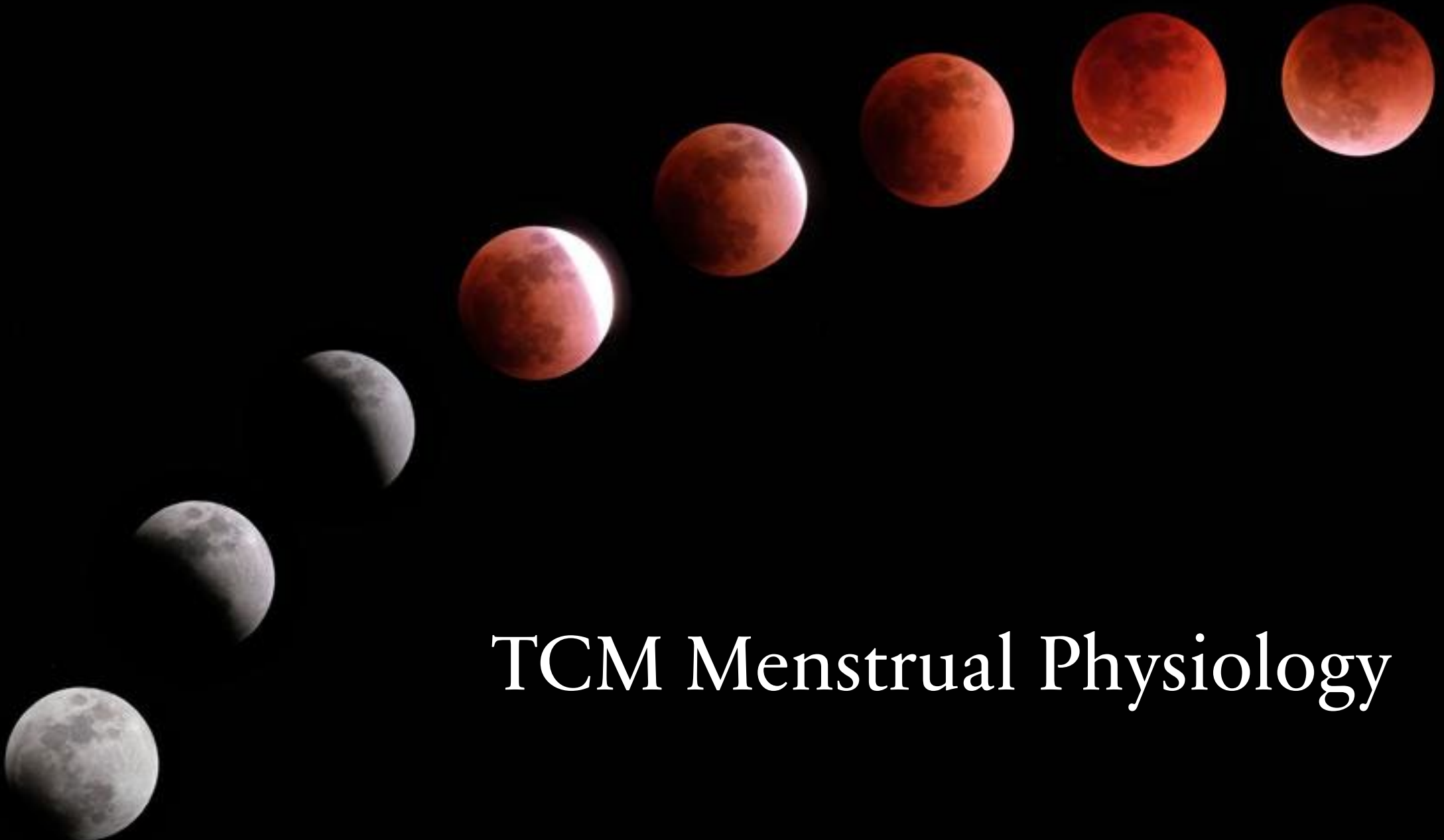
What Do We Do When Patients Come In Like this?



Course Objectives

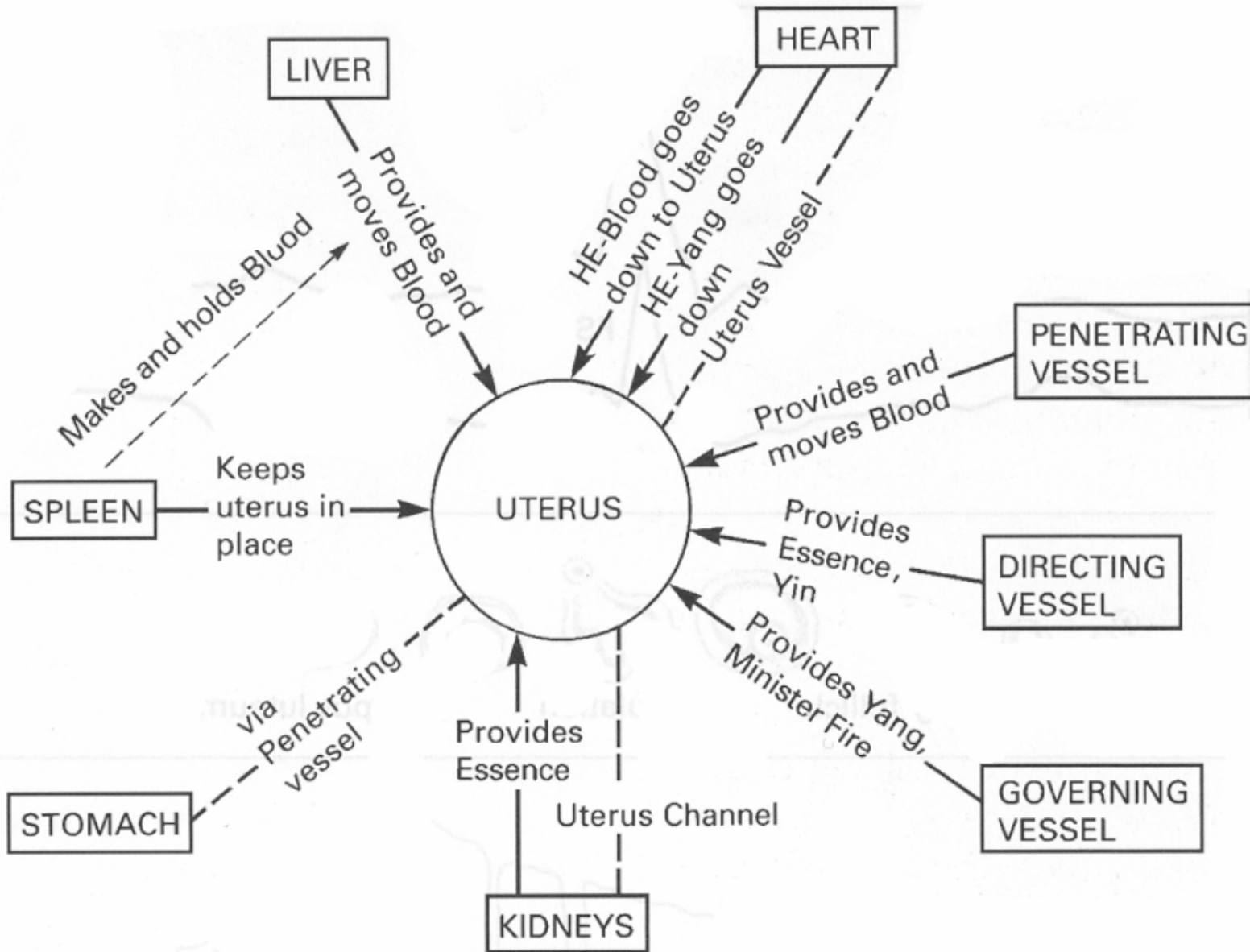


1. Review TCM menstrual physiology
2. Discuss how TCM formulas are built
3. Compare traditional Western herbals to uses in a TCM paradigm
4. Highlight relevant research for the use of herbals in the treatment of women's menstrual disorders



TCM Menstrual Physiology

TCM View

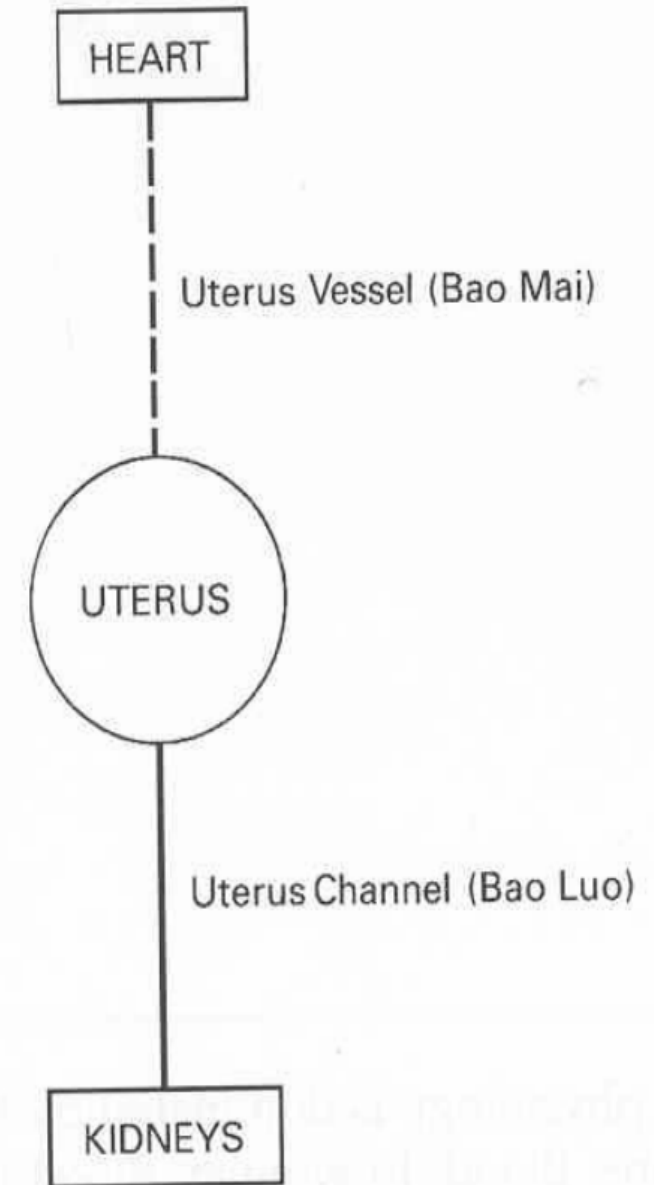


The Uterus and Internal Organs.

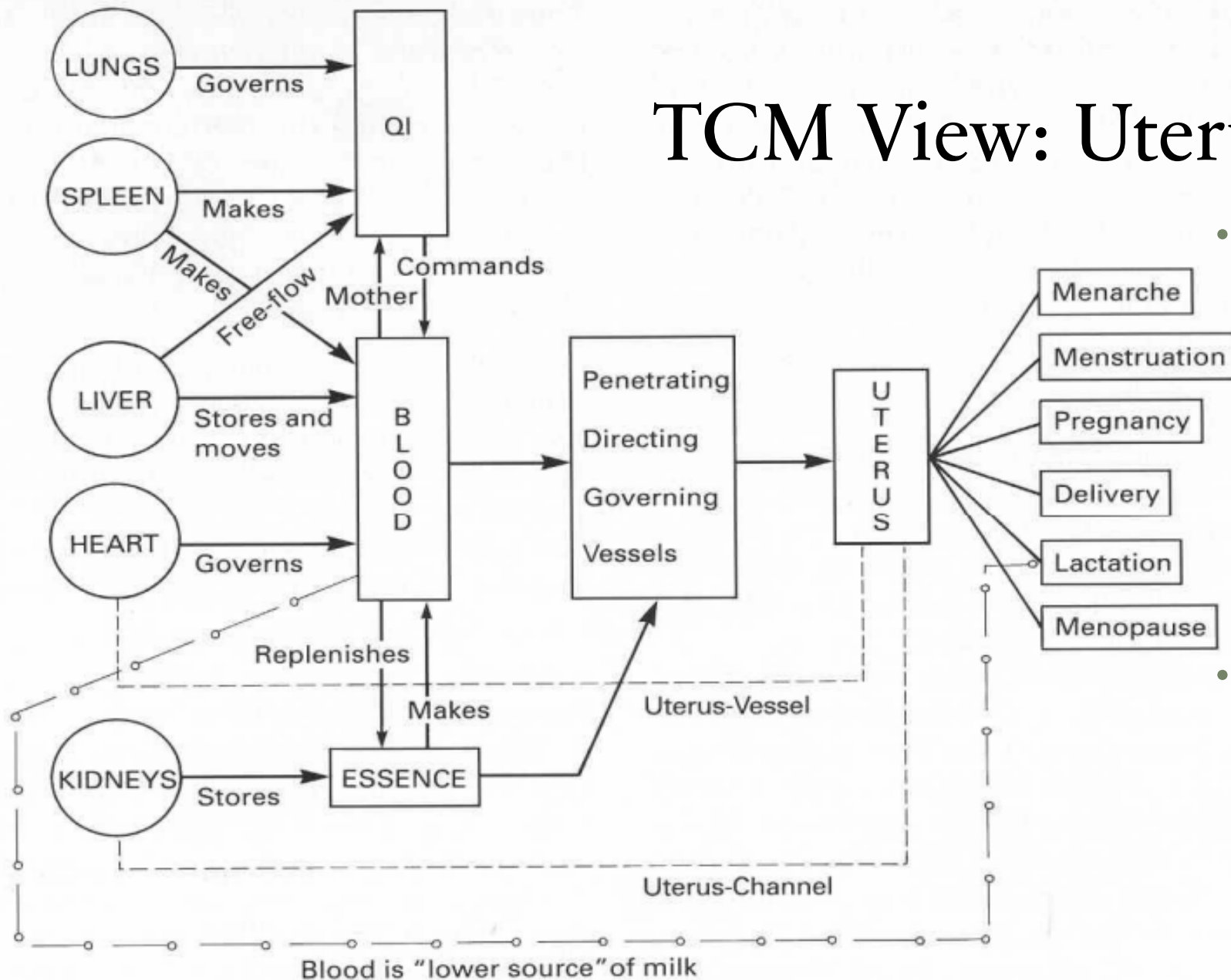
- Uterus (Zi Bao) = extraordinary organ
- Organ functions
- Closely related to
 - Ren Mai / CV - qi, yin and essence
 - Chong Mai / Penetrating) - blood to uterus
 - Both channels originate in KD, flow through the uterus, regulate menses, conception and pregnancy
 - Kidney - essence
 - GV - yang essence for ovulation

TCM View: Uterus & Menses

- Connect to KD via Bao Luo (channel)
 - KD is origin of Tian Gui
 - Mother of the LV
 - Provides blood to uterus via Chong and CV
- Connect to HT via Bao Mai (vessel)
 - Emotional influence on menses
 - Heart qi and blood descend to uterus
 - Control onset of menses and ovulation
 - Helps from Tian Gui with KD essence














TCM View: Uterus & Menses



- Normal menstruation depends on state of KD essence and HT blood
 - HT blood deficient, HT qi does not descend to uterus
 - KD essence deficient, menstruation does not occur
- Kidney is responsible for all functions in Western Medicine related to uterus, fallopian tubes and ovaries, and the hypothalamus-pituitary-ovarian axis

Fig. 2.15 Interrelationships of the Internal Organs, the Vital Substances, the Uterus and the Extraordinary Vessels.

NO CERVICAL FLUID → STICKY → CREAMY → EGGWHITE

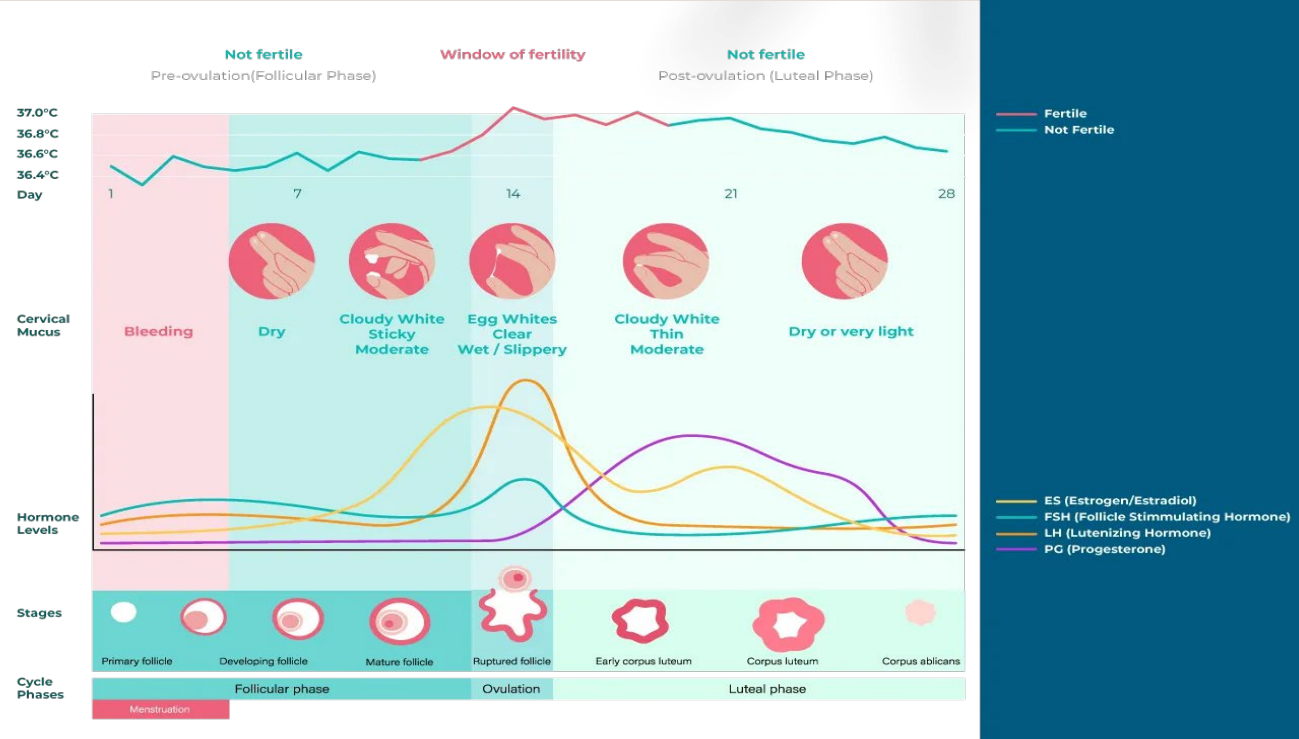
			
Dry	Sticky	Creamy	Slippery, Clear, and Stretchy
			
Slightly Damp, but No Cervical Fluid	Crumbly	Lotiony	Slippery, Streaked, and Stretchy
			
	Rubbery or Gummy	Milky	Slippery, Clear, but Not Stretchy

Symptoms of a true vaginal infection:

- ITCHING
- SWELLING
- REDNESS
- UNPLEASANT ODOR
- UNUSUAL DISCHARGE

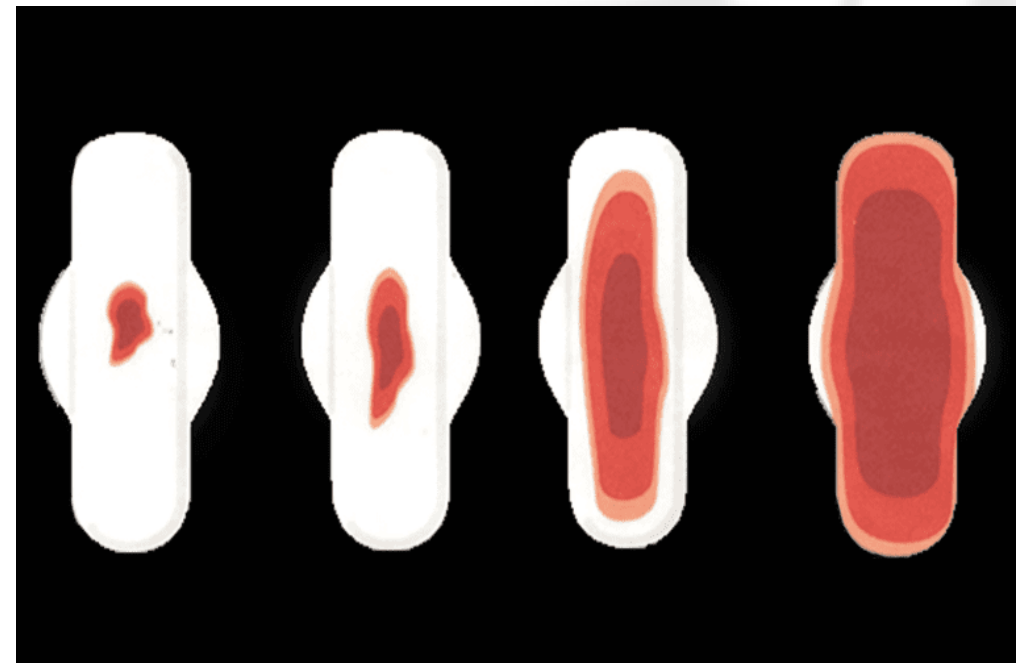
Mucus Type	Characteristics	Function
G type	Thick, pasty, impenetrable	Blocks uterus entrance
L type	Sticky / wet; dried makes branched ferns	Filters abnormal / poor quality sperm (slight fertile)
S type	Stretchy / slippery egg white; dried makes pine needles	Facilitates sperm entry into the uterus (elastic- fertile - spinn)
P type	Lubricative; dried makes hexagons (high potassium)	Activates sperm as they pass through the cervix (most fertile)

Meds & Mucus: Long term BCPs make more G type; NSAIDs lower prostaglandins and thus mucus production; antibiotics promote Candida growth masking mucous; anti-depressants, Clomiphene and anti-histamines all dry up the mucus (reduce time, anti-estrogen, or dry the body respectively)

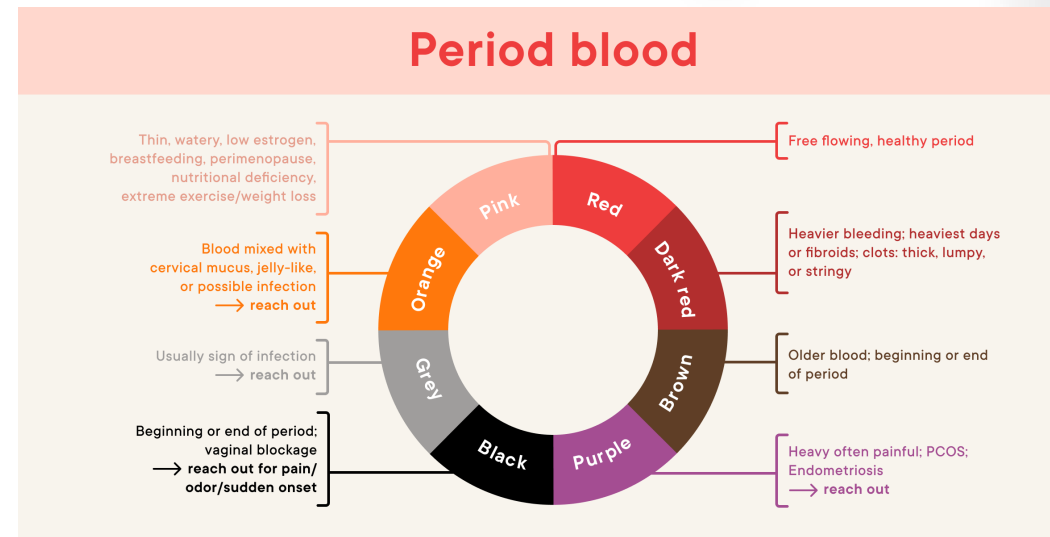


Normal Menstruation

- Approximate onset at age 10-14
 - Lasts until 50's
- Cycle at day 24-36 with period lasting 3-7 days - best at 28-29 days for cycle
 - Lunar cycle is 29.5 days
- Color: deep red, light in the beginning, deep in the middle, pinkish at the end
- No cramps, PMS or brown blood
- In TCM menses not just blood but also essence



Normal blood loss is 30-50ml and <80 ml





Blood and Qi Deficiency
*-Pale skin and fingertips
-Low energy/lethargic even with enough rest*
Spleen and Kidney Deficiency
*-Bloating, Watery stools
-Giddy & Weakness in lower back and knees*



The Norm
*-Same tone of red and viscosity when you bleed from cuts/injuries
-Little to no blood clots*



Yin Deficiency/ Hyperactivity of Yang (Heatiness)
*-Thirsty
-Red flushes
-Irritability
-Constipation*

Dampness Heaty
*-Sluggish
-Bitterness and/or stickiness in the mouth
-Feeling "body-heavy"
-Abnormal vaginal discharge*



Dampness Heaty Stagnant of Qi with Blood Stasis
*-Cramps in lower abdomen
-Presence of Clots
-Changes in breast (tenderness, lumps, pain, bloating)
-Emotional swings*



Coagulated Cold in Uterus
*-Cramps
-Abdomen feels cold
-Irregular period cycle*

Markers that matter:

- Regularity
- Blood flow
- Blood color
- Blood viscosity
- Accompanying symptoms:
 - Acne
 - Flu / illness / fevers
 - Headache
 - Breast changes (swelling/pain/tenderness)
 - Bloating
 - Cramps
 - Lower backache
 - Bowel movement: Loose stools/constipation

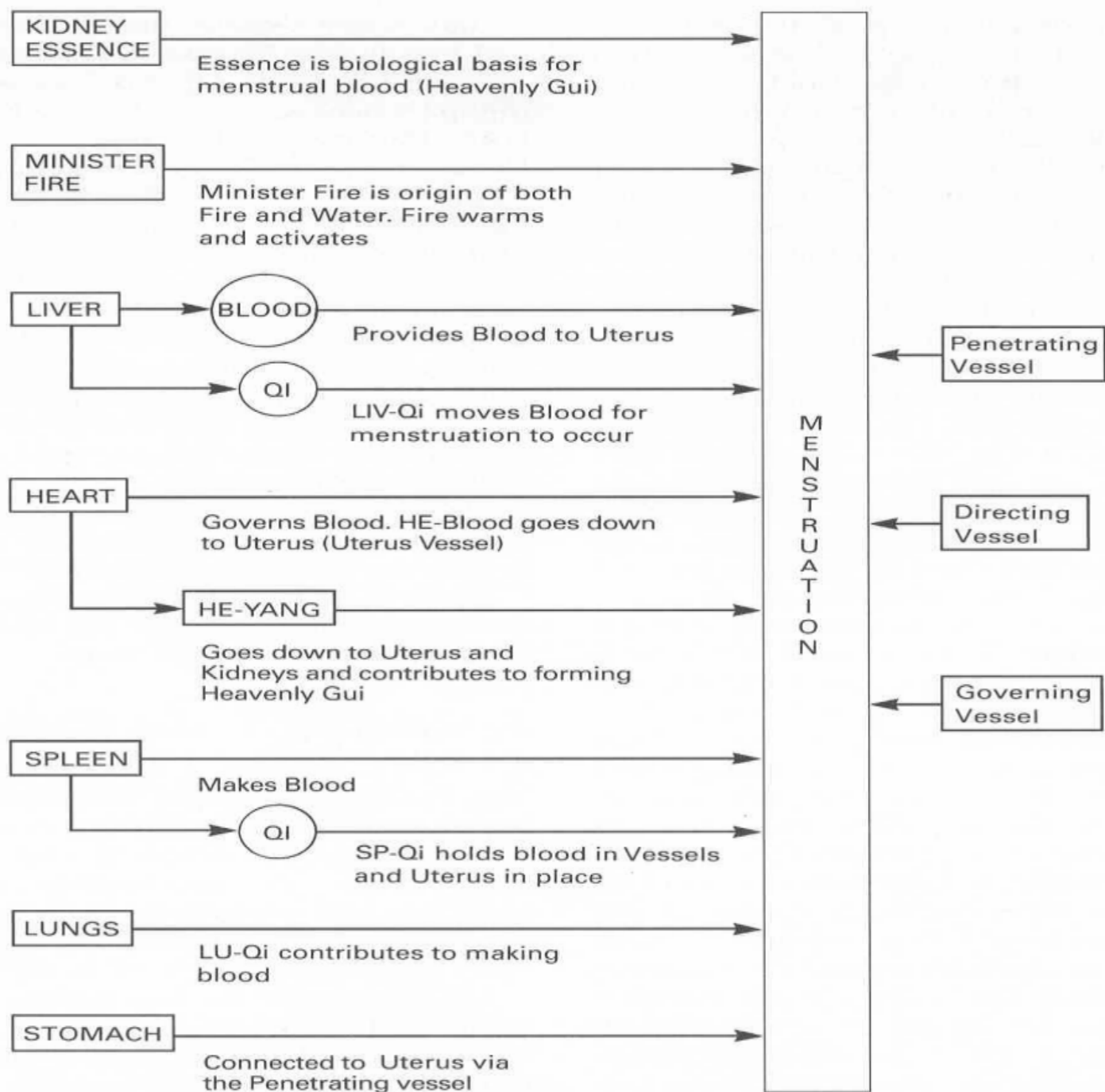
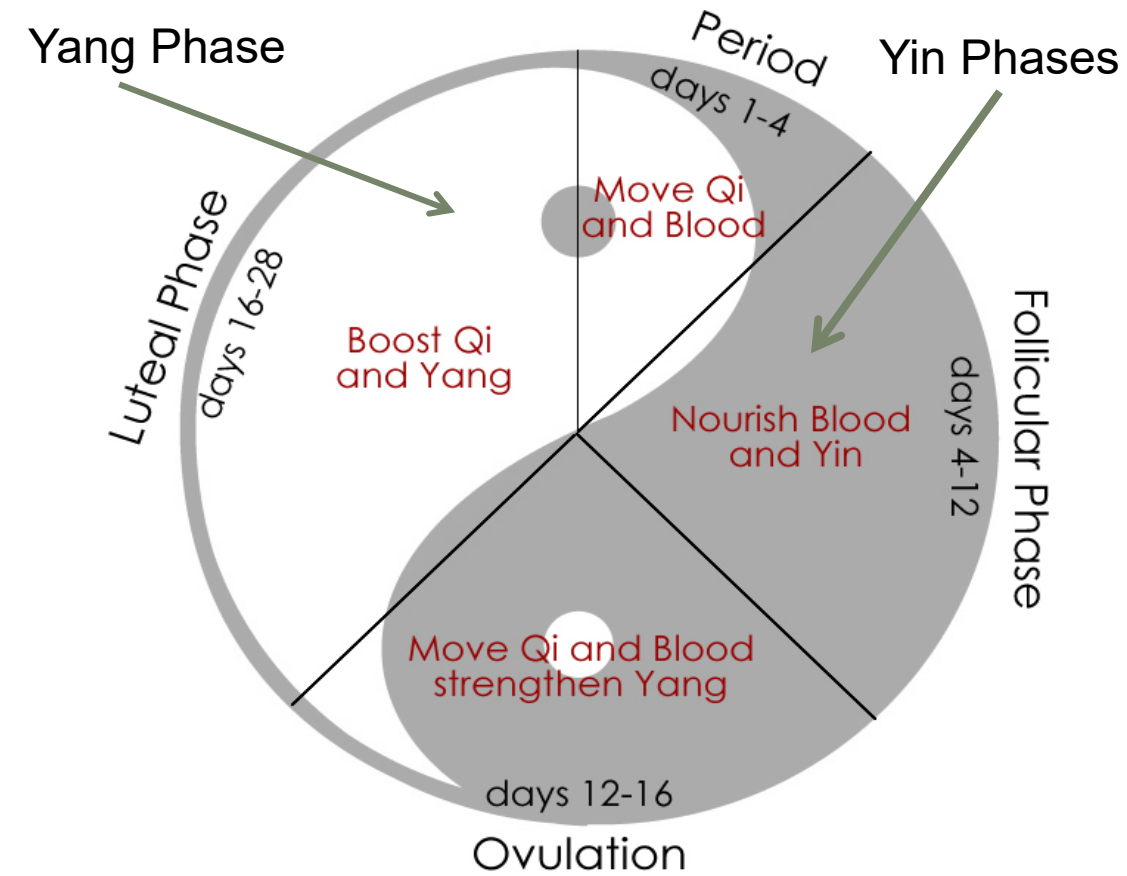


Fig. 2.6 Internal Organs and menstruation.

TCM Menstruation: 4 Phases



- Menstrual Phase: Regulate menses and move blood
 - If scanty - enrich the blood and essence
 - If heavy bleeding - stop bleeding
- Follicular Phase: Nourish blood & yin
 - Liver, Kidneys and Spleen
- Ovulatory Phase: Promote ovulation
 - Tonify Kidneys nourish the Essence and consolidate CV, GV and Chong Mai
- Luteal Phase
 - Tonify Yang if deficient
 - Move Liver qi if stagnant

Follicular Phase Chart Variations

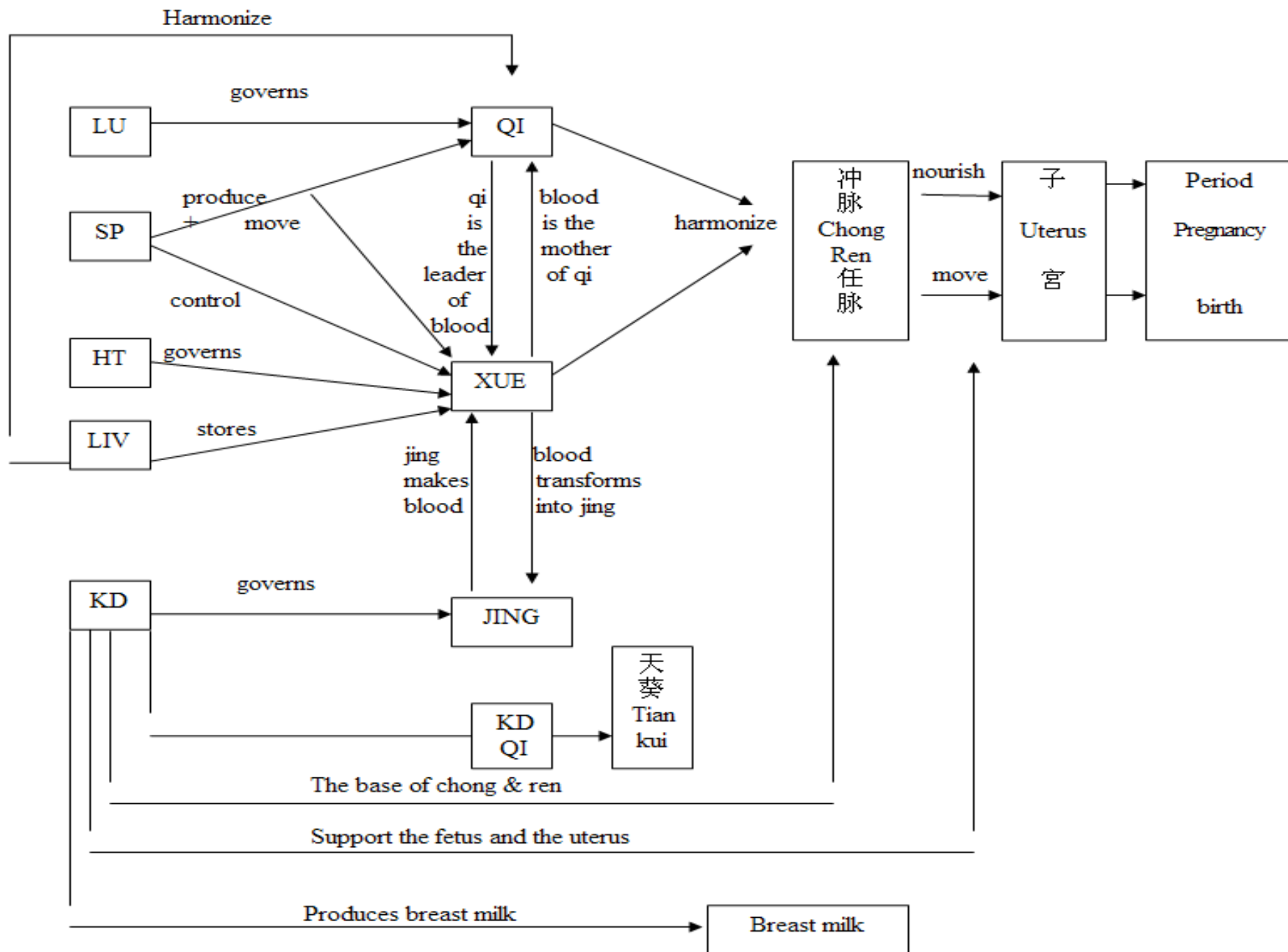
Normal temp is 97.16-97.70 F (36.2-36.5C) - if consistently lower =hypothyroid / Hashi's

BBT Pattern	Diagnosis	Treatment
Low follicular phase	Generalized Yang xu (SP/KD)	Warm Yang through the cycle
Long follicular phase	KD Jing, Yin or Blood Xu (qi stag or shen disordered)	Nourish blood, reinforce KD Jing and Yin after menses
Short follicular phase	Yin Xu heat (hyperthyroid)	Clear heat, nourish yin from early in cycle (creates acidic mucus / antisperm abs)
High follicular phase	Yin Xu heat (hyperthyroid; illness or alcohol)	Clear heat, nourish yin from early in cycle (creates acidic mucus / antisperm abs)
High follicular phase initially	Obstruction of Yang conversion to Yin	Promote KD Yang to Yin conversion, regulate menses
Unstable follicular phase	LV or HT Fire	Clear fire of HT or LV and calm the mind

Luteal Phase Chart Variations

General temperature variations should not be more than 0.2F (thermal shift is over 0.6 F); should remain elevated 12-14 days

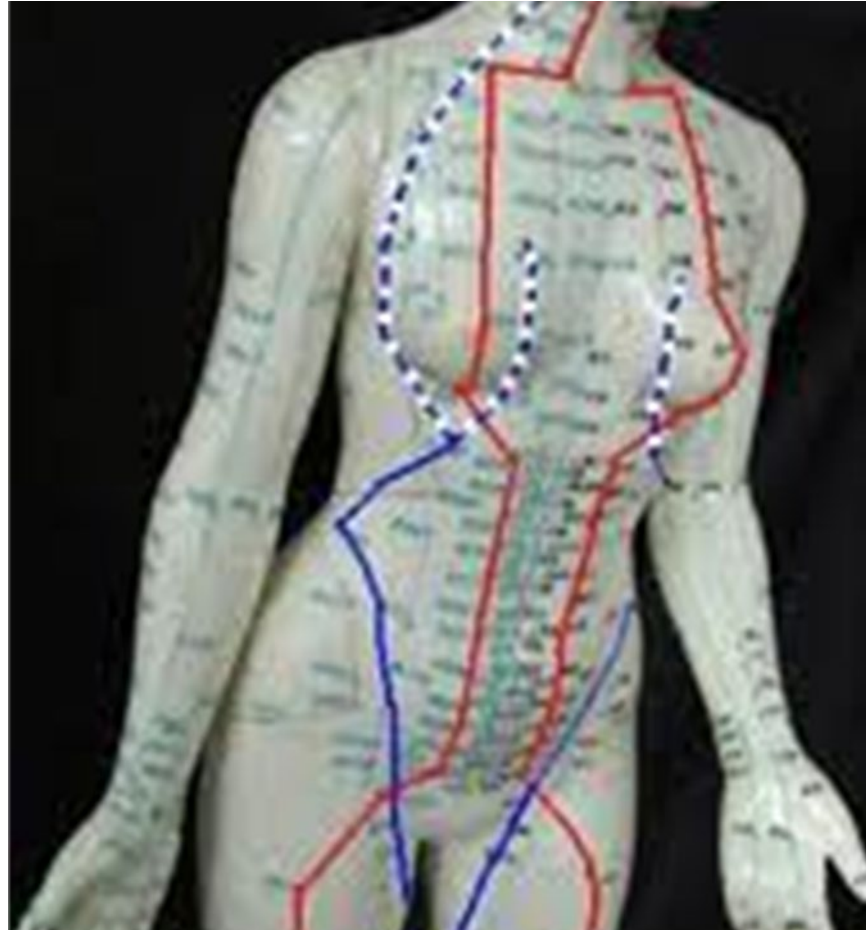
BBT Pattern	Diagnosis	Treatment
Short luteal phase	KD Yang xu arising from KD Yin xu	Strong supplement KD Yin in follicular phase to create luteal phase Yang
Slight short luteal phase	KD Yang xu	Boost KD Yang in luteal phase
Low luteal phase	KD Yang xu	Nourish KD Yin and blood, boost KD Yang in luteal phase
Saw tooth luteal phase (unstable)	LV/HT Qi unstable, KD Yang xu (poss. LV Fire)	Regulate LV/HT Qi, calm LV fire, boost KD Yang by nourishing blood; stress reduction!
Saddle luteal phase (unstable)	KD Yang xu, LV/HT Qi unstable	Reinforce KD Yang, regulate LV/HT Qi; Western med indicates rise in estrogen or drop in progesterone
Slow rise luteal phase (>2 days)	KD Yang xu and SP Qi / Yang xu or Yin xu	Reinforce KD Yin after period, invigorate SP Qi early mid cycle to boost luteal phase KD Yang (check not LV qi stag)
Early decline luteal phase	KD Yang xu and SP Qi xu	Invigorate SP Qi and boost KD Yang in luteal phase
Long luteal phase	Pregnancy	Support KD Yang if necessary



Organ Physiology

Liver

- Uterus also stores LV blood
 - Deficient Liver blood: amenorrhea, scanty or late periods
- Liver qi responsible for moving the blood
 - Stagnant Liver qi: irregular periods, dysmenorrhea, and PMS symptoms



Kidney

- Root of Pre-Natal Essence / Yuan Qi
 - Store the essence
- KD yin = basis of menstrual blood
- Mutual nourishment between blood and essence, connects the LV & KD
- Reproductive systems influenced by GV & CV are influenced by KD
- KD Life Gate Fire (Mingmen) is responsible for balancing the KD Yin and Yang
 - Deficient: Failure to warm uterus = cold: Infertility, dysmenorrhea, and low libido
 - Excessive: Heats the blood - excessive menstrual bleeding, infertility or miscarriage

Organ Physiology

Spleen

- Makes the blood - menstrual blood and breast milk
- Spleen keeps the organs in place including blood in the blood vessels
 - Menorrhagia, or early spotting due to deficiency

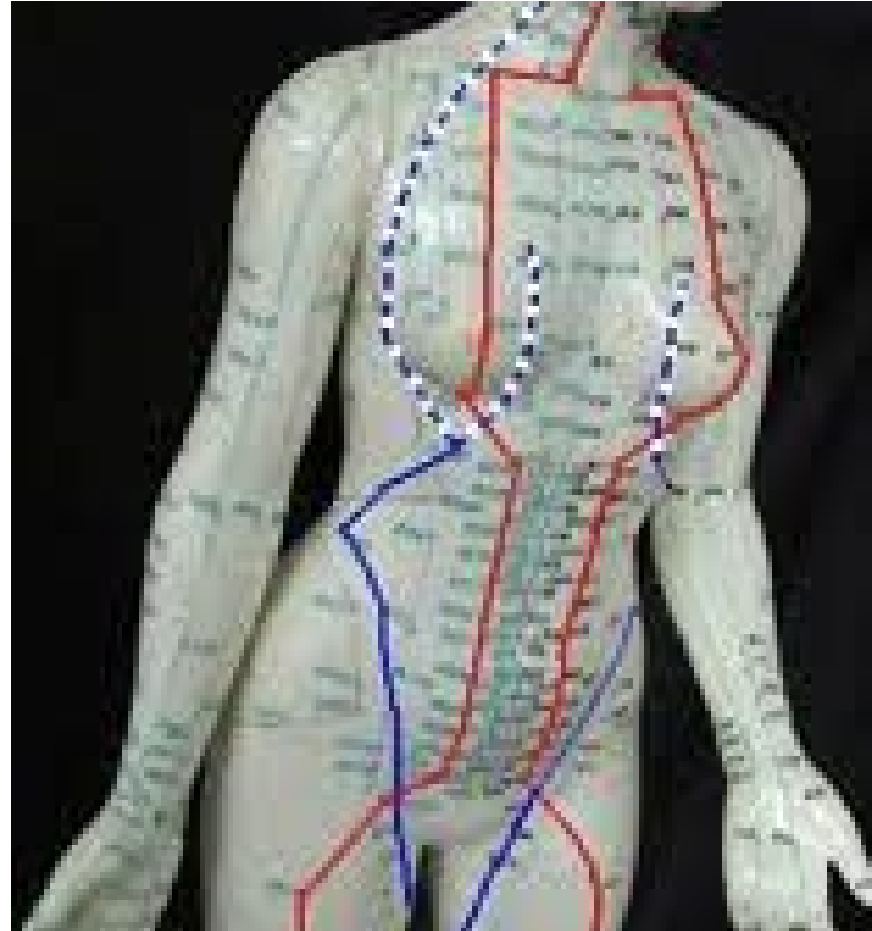
Heart

- Governs blood
- Connects to the Uterus via the Bao Mai
- Pairs with SI = SI1 insufficient lactation
- Emotional stress - influence on menses
 - Emotional shock = amenorrhea
- Blood deficiency after childbirth can affect the Heart
 - Post-partum depression

Organ Physiology

Lung

- Minor influence because they govern qi
- Sadness and grief induce a depletion of qi causing the menses to stop



Stomach

- Morning sickness develops in early pregnancy
- Influences breastfeeding
- Breast milk is supplemented by the postnatal qi made by the ST / SP blood
- Source of Qi and Blood

The Eight Extraordinary Meridians

The confluent (master) points connect the 8 extra (extraordinary) meridians with the 12 main meridians. The extraordinary meridians act as reservoirs of Qi. They regulate and promote the circulation of Qi in the body.

Affects the Hormonal System: Yangqiao Mai, Yingqiao Mai, Dai Mai and Chong Mai.

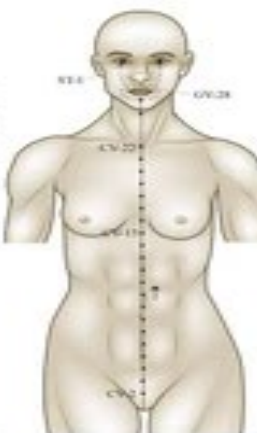
Affects the Nervous System: Du Mai, Ren Mai, Yangwei Mai and Yinwei Mai.

Du Mai (Governing Vessel)



Du Mai - The Sea of Yang
Confluent/Master Point: GV-1
Meets: All Yang vessels.
Function: Directs Qi for all Yang vessels.
Pathological Symptoms: Fibrile diseases, toothache, stroke symptoms, neural disorders, poor memory, acute pain, spinal pain & stiffness, tremors & spasms of upper extremities, Parkinson's disease, hemiparesis, prolapse of anus, sensation of vertigo and giddiness.
Pulse: Floating and Long on all three positions of the left side.
Areas of Effect: Head, neck, back, posterior legs, spinal cord, brain, Nervous and muscular systems.
Herbs: (Spine, Marrow & Brain) Lu Rong, Lu Jiao, Lu Jiao Shuang, (Yang vessels, Bladder & Gall Bladder) Fu Zi, Qiang Huo, Shi Gou, Du Huo, Fang Feng, Jing Jiu, Xi Xin, Guo Ben, Cang Er Zi, Ban Jiang, Chuan Jian, Gu Zhi, Wu Shi.
Hormonal: Continuous production, gonadotropic and anamniotropic hormones.
Lao Point: GV-1
Crossing Points: CV-1, BL-12
Coupled Point: BL-42
 Coupled with Yang Qiao
Origins: Lower abdomen
 GV-1 is located between the tip of the nose and anus.
 GV-20 is located at the junction of the hair and forehead of upper lip.

Ren Mai (Conception Vessel)



Ren Mai - The Sea of Yin
Confluent/Master Point: LU-7
Meets: All Yin Vessels.
Function: Directing Qi for all Yin vessels.
Pathological Symptoms: Hiccups, incoherence, abdominal cramps, abdominal pain, difficult labor, dysmenorrhea, headache, toothache, cough & dyspnea, convulsions, vertigo, chest pain, depression and disorders of the reproductive system.
Pulse: Tense-Tight-Long on both Front positions.
Areas of Effect: Face, throat, chest, lungs, abdomen, Endocrine, urinary and digestive systems.
Herbs: (Chloro- & Blood tonics) Gui Ban, Shi Ji, E Jiao, Ji Ji, Shi Chi, Zi Shi Yang, Ai Shi, (Nourishing Yin & clearing Empty-Heat) Zhi Ma, Huang Shi, Xuan Shen, Sheng Di Huang, Gou Qi Zi.
Nervous System: Pelvic parasympathetic innervations.
Lao Point: CV-15
Crossing Points: GV-20, SJ-1
Coupled Point: SJ-6
 Coupled with Yin Qiao
Origins: Lower abdomen
 CV-1 is located between the anus and scrotum in males, and between the posterior labial commissure and anus in females.

Chong Mai (Penetrating Vessel)



Chong Mai - The Sea of the Twelve Meridians/The Sea of Blood
Confluent/Master Point: SP-4
Meets: All 12 main meridians.
Function: Reservoir of Qi and Blood.
Pathological Symptoms: Abdominal spasm, abdominal pain, gynecological disorders, painful periods, breast nodules, menstrual sickness, retention of placenta, post-natal muscle problems, tachycardia, palpitations, tightness around heart and chest pain.
Pulse: Deep and Firm on all three positions of either side, or Deep and Firm on both lateral positions, or Why on Both Middle positions.
Areas of Effect: Chest, heart, abdomen, stomach, genitalia, lower lip, Reproductive, digestive and respiratory systems.
Herbs: (Uterus tonics) Gui Ban, Bai Jiu, E Jiao, Ji Ji, Chi Chi, (Bloodless Qi) Yan Yu Sun, Chuan Lian Zi, Xiang Fu, Yu Jin, Chen Xiang, Tao Ren, Dang Gui, Qing Pi, Wu Zhi Yu, Cong Bai, Xian He Xiang, Chong Wei, Wu Yao.
Hormonal: Affects the adrenal medulla.
Coupled Point: P-6
 Coupled with Yin Wei
Origins: Lower abdomen
Confluent Points: CV-1, KI-11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, SJ-30.

Dai Mai (Belt "Girdle" Vessel)



Dai Mai
Confluent/Master Point: GB-41
Meets: All meridians passing through the waist.
Function: Holds the Yin and Yang channels.
Pathological Symptoms: Abdominal fullness, dysmenorrhea, prolapse of uterus, chronic vaginal discharge, cold sensation in the wrist as if soaked in water, weakness & excess numbness of lumbar spine, cold & pain of the middle & lower back, insect & worms of legs, genital & scrotal edema, headache, dizziness and waxy sticky skin.
Pulse: Why on both Middle positions.
Areas of Effect: Lateral neck, shoulder & body, heart, stomach, Gastrointestinal, female reproductive & muscular skeletal systems.
Herbs: (Astringent herbs which infuse to the Lower Burner) Wu Shi Zi, Shan Yao, Qian Shi, Fu Pu Zi, Sang Piao, (Consolidate the Lumen & Qi) Dang Gui, Bai Shao, Xu Du Mu, Long Gu, Ai Yi, Sheng Ma, Gu Cao.
Hormonal: Excess gonadotropic hormones that leads to impotence.
Coupled Point: TW-5
 Coupled with Yang Wei
Origins: LV-13
Confluent Points: GB-26, 27, 28.

Yang Qiao Mai (Yang Heel Vessel)



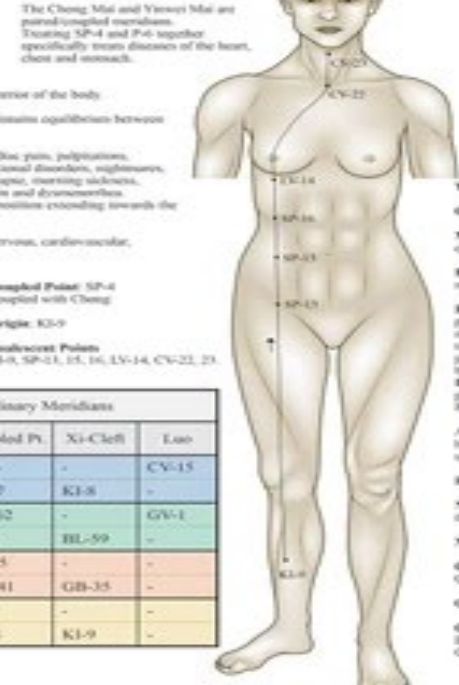
The Du Mai and Yangqiao Mai are paired-coupled meridians. Treating SJ-1 and BL-42 together specifically treats diseases of the inner corner of the eye, ear, neck and shoulder.
Yangqiao Mai
Confluent/Master Point: BL-42
Meets: BL, GB, SI, LI & ST meridians.
Function: Regulates motion of lower limbs and regulates Qi in Yang meridians.
Pathological Symptoms: Lower back pain, spasms of the legs, motor impairment of legs, lower extremity pain, heel pain, insomnia, epilepsy, eye pain, Bell's palsy, all neck, headache, manic behavior, swollen & painful breast, genital swelling, anal area and hemorrhoid ailments.
Pulse: Why on both Front positions.
Areas of Effect: Head, eyes, neck, back, Nervous and muscular skeletal systems.
Herbs: Mao Huang, Fang Feng, Cang Zhu, Zhi Gu Cao, Fang Ji.
Hormonal: Production of ACTH.
Xi-Chief Point: BL-77
Coupled Point: SJ-1
 Coupled with Du
Origins: BL-42
Confluent Points: BL-42, 41, 59, GB-26, SJ-30, LV-13, 16, 17, 18, 19, 20, 21, BL-1, GB-20.

Yin Qiao Mai (Yin Heel Vessel)



The Ren Mai and Yinqiao Mai are paired-coupled meridians. Treating LU-7 and KI-6 together specifically treats diseases of the throat, chest, lung and diaphragm.
Yin Qiao Mai
Confluent/Master Point: KI-6
Meets: KI & BL meridians.
Function: Regulates motion of lower limbs. Major source of Qi for this vessel is the conversion of the kidney essence into Qi.
Pathological Symptoms: Leg weakness & muscle atrophy, leg numbness, lower extremity motor impairment, insomnia, facial spasms, breast tightness, diarrhea, chest pain, gastrointestinal problems, retention of placenta, difficult sensation, shoulder pain, abdominal pain, vomiting, diarrhea, eye pain, blurred vision and general edema.
Pulse: Why on both Rear positions.
Areas of Effect: Face, eyes, breast, chest, lungs, abdomen, medial legs, Respiratory, nervous, skeletal and digestive systems.
Herbs: Yao Shi Sun, Guo Cao, Bai Xiao, Dan Xian Xiang, Zhu Ma, Huang Shi, Yuan Shi, Sun Zai Ren, Shi Chang Pu.
Hormonal: Basis from the adrenal cortex, gonadotropic center of the pituitary gland.
Xi-Chief Point: KI-9
Coupled Point: LU-7
 Coupled with Ren
Origins: KI-6
Confluent Points: KI-6, 5, BL-1.

Yin Wei Mai (Yin Linking Vessel)



The Chong Mai and Yinwei Mai are paired-coupled meridians. Treating SP-4 and P-6 together specifically treats diseases of the heart, chest and stomach.
Yin Wei Mai
Confluent/Master Point: P-6
Meets: All Yin meridians and dominates interior of the body.
Function: Regulates the flow of Qi and maintains equilibrium between Yin and Yang.
Pathological Symptoms: Epigastric & cardiac pain, palpitations, tightness of breast, mental depression, convulsed disorders, epilepsies, poor digestion, diarrhea, nausea, renal prolapse, morning sickness, motion sickness, hot flashes, hypothyroidism and dysmenorrhea.
Pulse: Why on the lateral side of the Rear position extending towards the medial side of the Front position.
Areas of Effect: Inner legs, chest, heart, Nervous, cardiovascular, muscular skeletal and digestive systems.
Herbs: Dang Gui, Chen Xiang.
Hormonal: Affects the thyroid gland.
Xi-Chief Point: KI-9
Coupled Point: SP-4
 Coupled with Chong
Origins: KI-9
Confluent Points: KI-9, SP-11, 15, 16, LV-14, CV-22, 23.

Yang Wei Mai (Yang Linking Vessel)



The Du Mai and Yangwei Mai are paired-coupled meridians. Treating GB-41 and TW-5 together specifically treats diseases of the outer corner of the eye, ear, neck and shoulder.
Yangwei Mai
Confluent/Master Point: TW-5
Meets: All Yang meridians and dominates the exterior of the body.
Function: Regulates the flow of Qi and maintains equilibrium between Yin and Yang.
Pathological Symptoms: Chills & fever, lumbar pain, hand pain & swelling, upper extremity motor impairment, headache, dizziness, tinnitus, nausea, neck pain, genital red swelling, eyes, photophobia, night blindness, frequent nose bleeds, night sweats and inability to gain weight.
Pulse: Why on the medial side of the Rear position extending towards the lateral side of the Front position.
Areas of Effect: Lateral parts of the body and legs, eyes, ears, immune and muscular skeletal systems.
Herbs: Gu Zhi, Bai Aian, Huang Qi.
Nervous System: Affects the nervous system by the Gall Bladder and Liver meridians.
Xi-Chief Point: GB-77
Coupled Point: GB-41
 Coupled with Du
Origins: BL-47
Confluent Points: BL-47, GB-15, SJ-30, SJ-15, GB-21, SJ-4, GB-13, 14, 15, 16, 17, 18, 19, 20, GV-26, 28.

Coupled Pained Meridians	Eight Extraordinary Meridians				
	Master	Location & Polarity	Coupled Pt.	Xi-Chief	Lao
Ren (CV)	LU-7	Hand (-)	KI-6	-	CV-15
Yin Qiao	KI-6	Foot (+)	LU-7	KI-8	-
Du (GV)	SJ-3	Hand (+)	BL-62	-	GV-1
Yang Qiao	BL-62	Foot (+)	SJ-3	BL-59	-
Dai	GB-41	Foot (+)	TW-5	-	-
Yang Wei	TW-5	Hand (+)	GB-41	GB-35	-
Chong	SP-4	Foot (-)	P-6	-	-
Yin Wei	P-6	Hand (-)	SP-4	KI-9	-

Extraordinary Meridians

Ren Mai / CV (LU7/KD6)

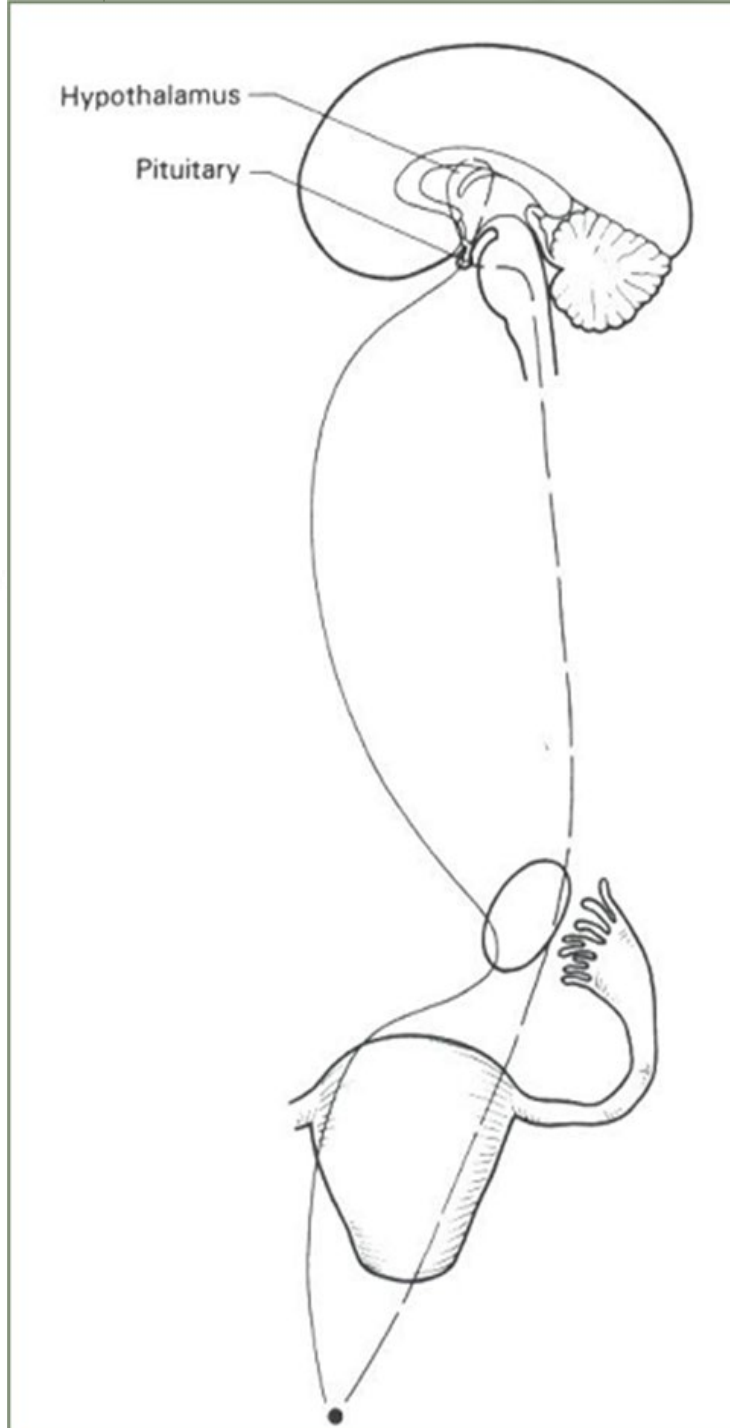
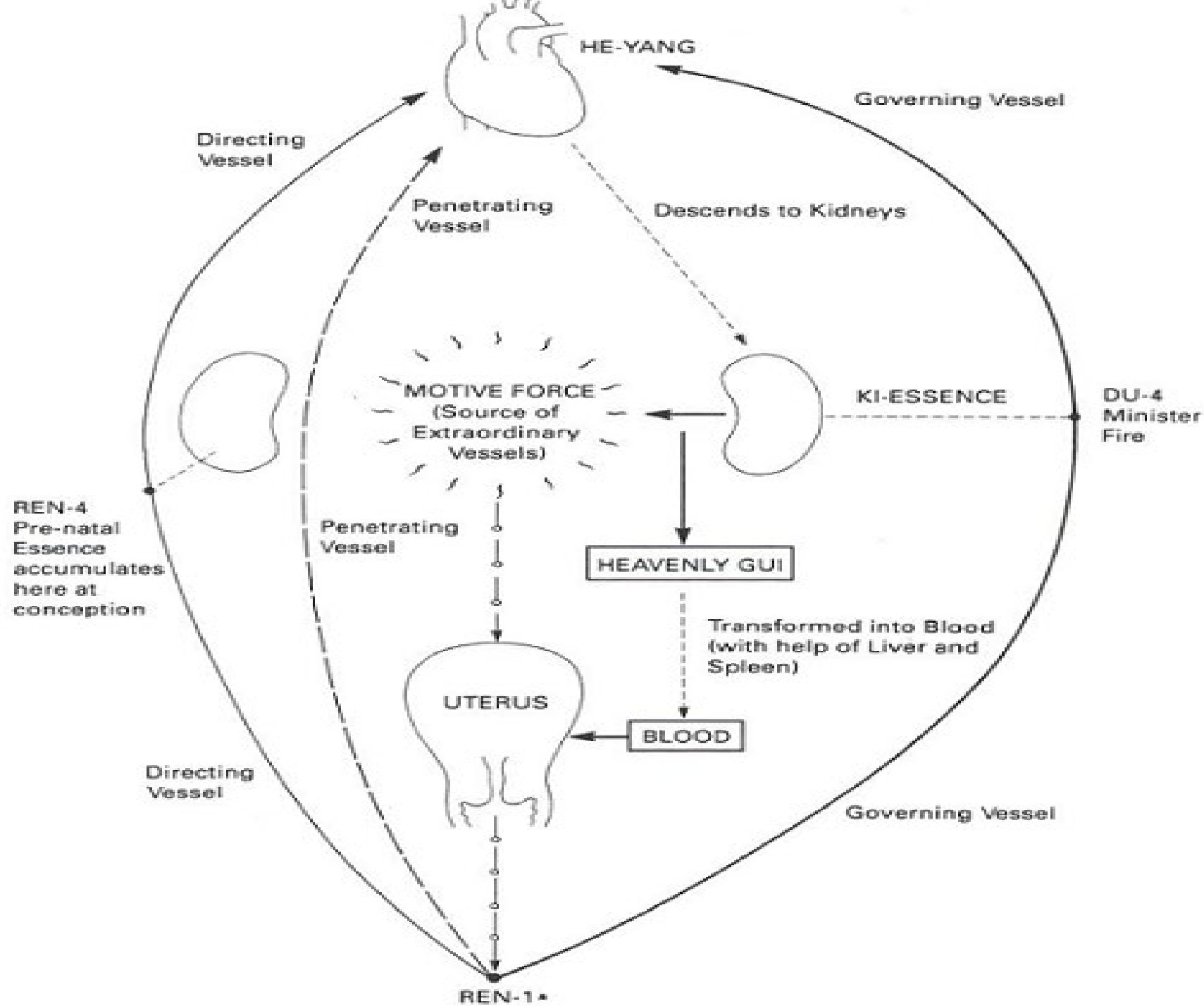
- Sea of Yin
- Related to Uterus, entire female system (external and internal genitalia)
 - Related to yin, essence and body fluids
- Gateway to hormonal & physiological processes
 - Puberty, conception, pregnancy, childbirth, and menopause
- CV and GV share internal pathways

Chong Mai (SP4/PC6)

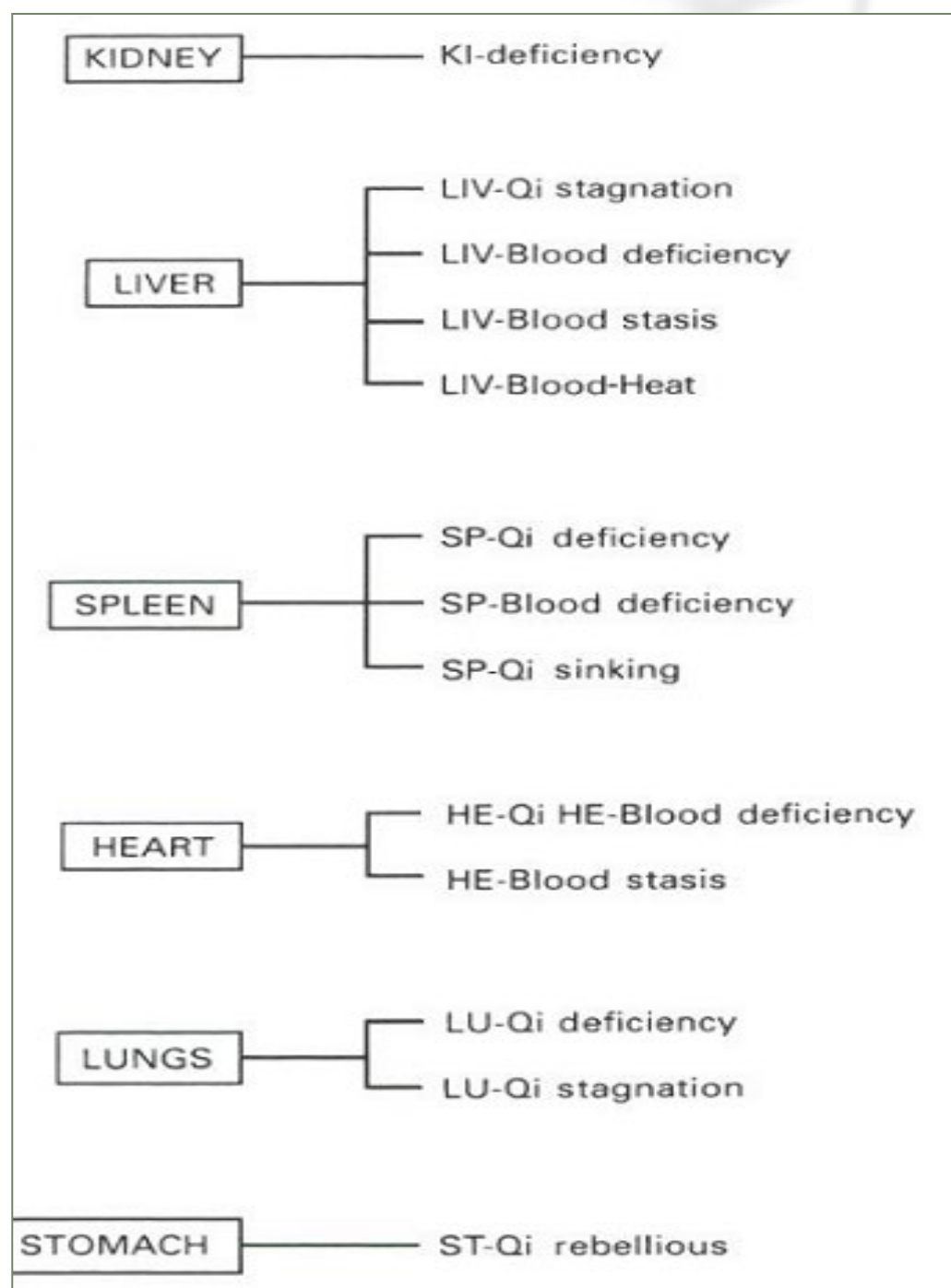
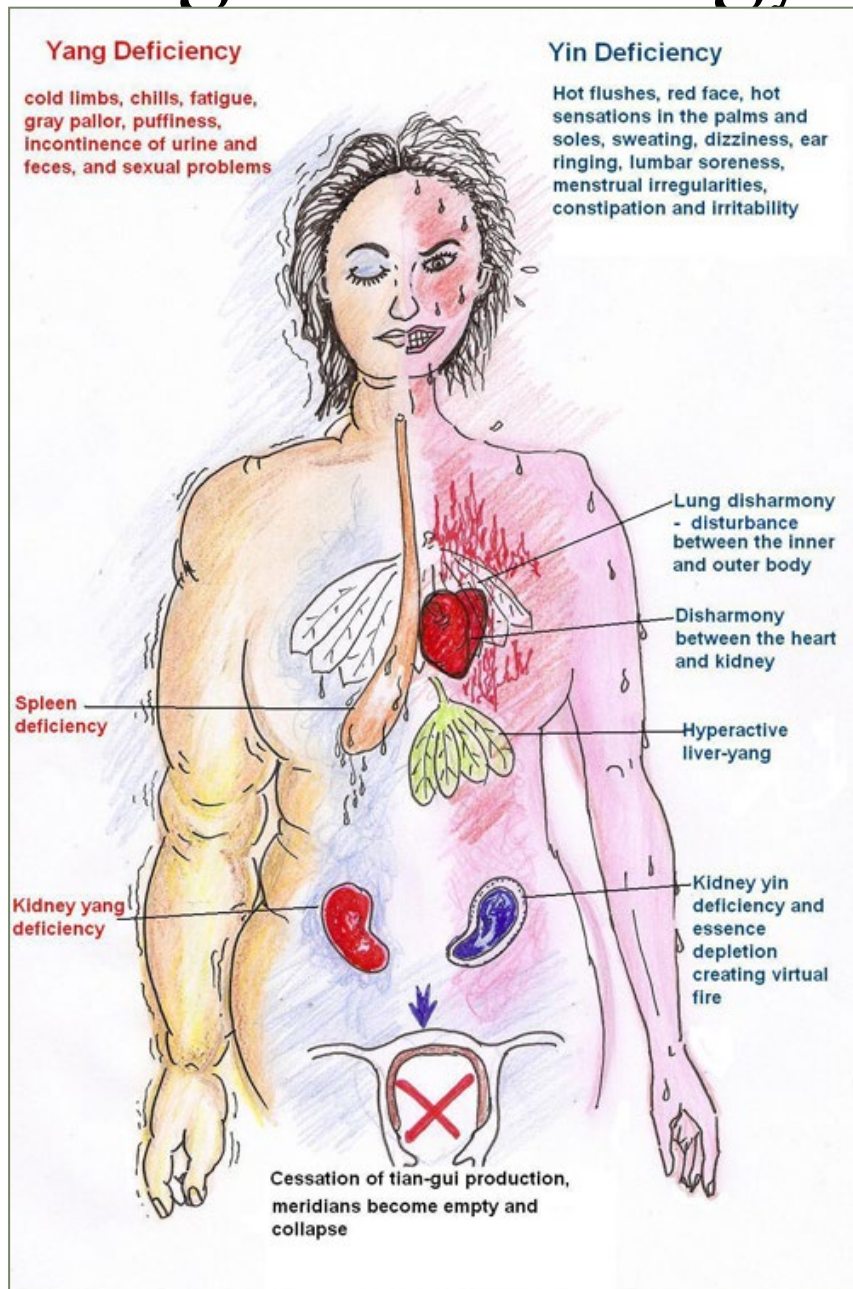
- Sea of Blood
- Serves as the origin to all 8 extraordinary vessels
- Pathway influences the entire body except the arms
- Provides and moves blood, spills over into the yang, and irrigates the essence
- Relates to blood and body
 - Deficiency: amenorrhea, scanty periods, or late periods
 - Stagnant Qi: dysmenorrhea

Du Mai / GV (SI3/BL62)

- Sea of Yang
- During menses - keeps a balance of yin and yang
- CV and GV connect to
 - Uterus - Kidneys
 - Heart - Brain
 - HPOA axis

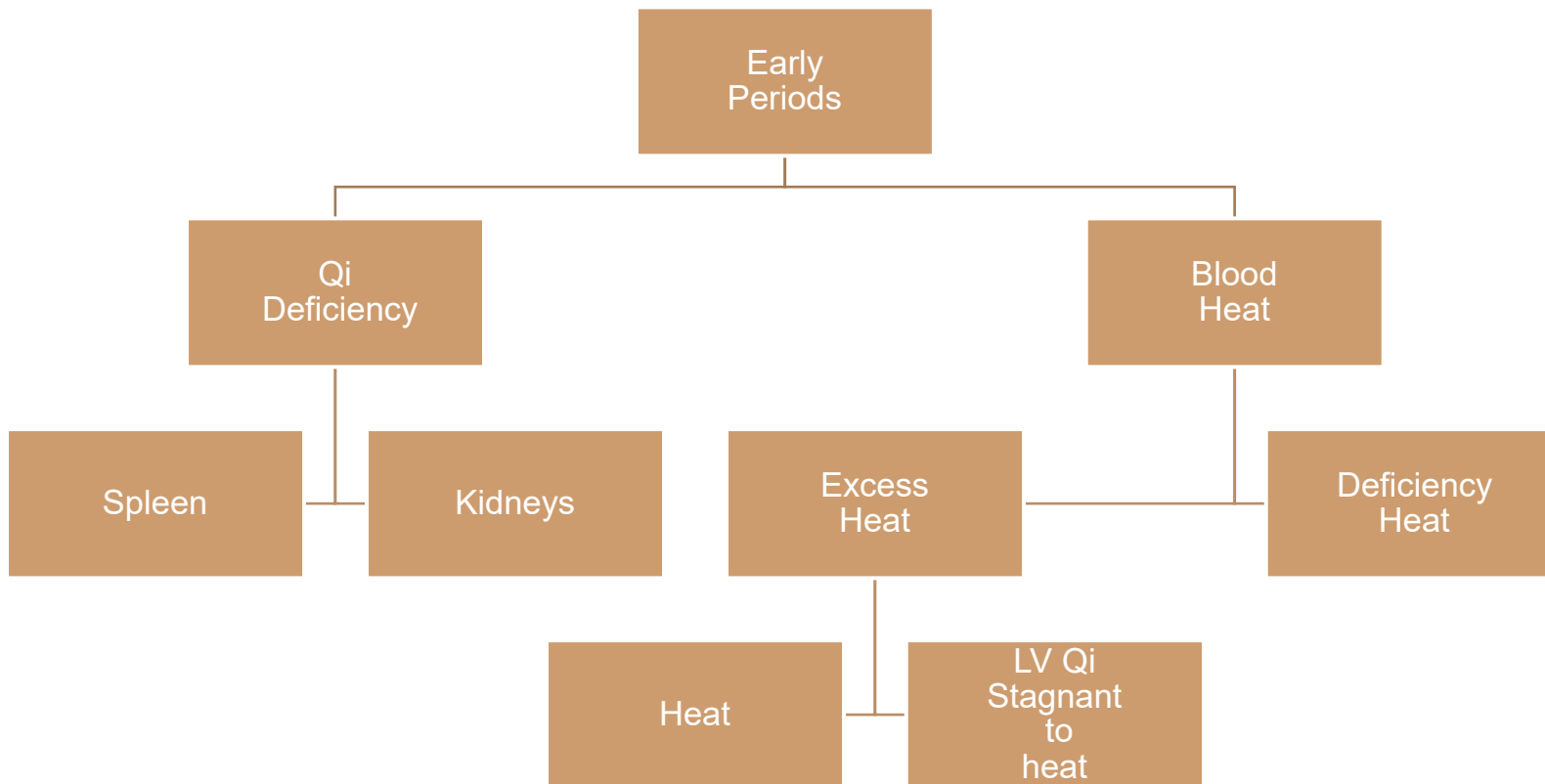


Organ Pathology



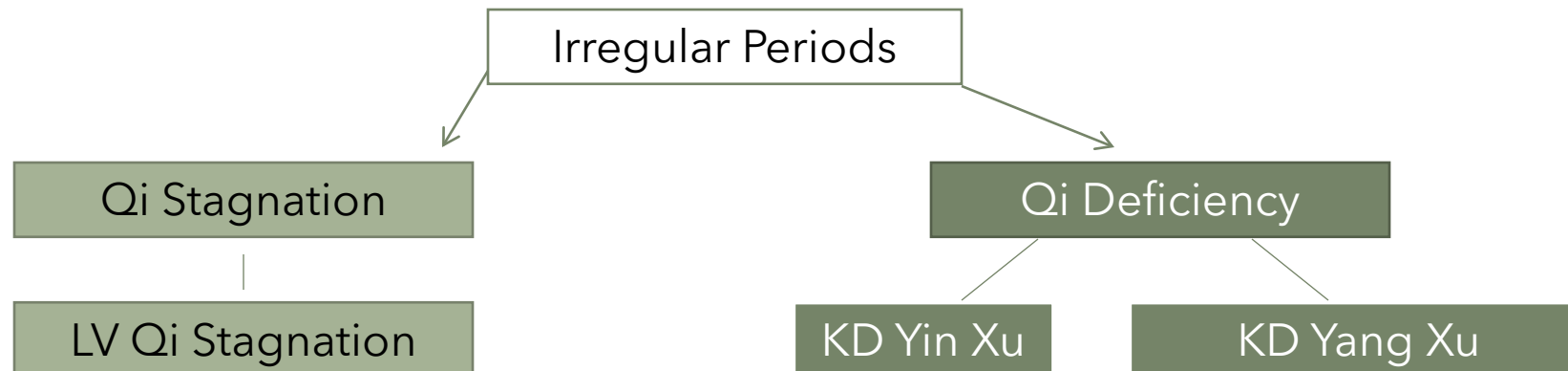
Early Period

- Etiology:
 - Excessive physical work
 - Irregular diet
 - Overwork
 - Menopause =KD decline
 - Invasion of external heat
 - Emotional stress
 - Chronic illness
 - Too many children
 - Chronic bleeding



Irregular Periods

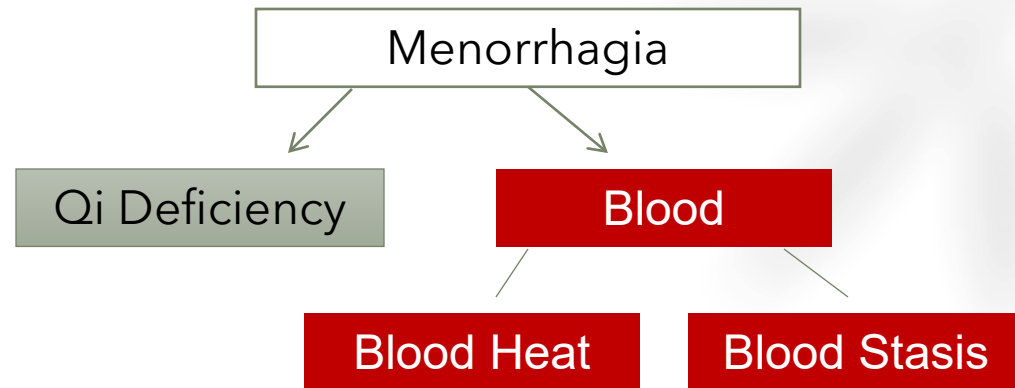
- Etiology:
 - Liver Qi Stagnation
 - Emotional stress
 - Kidney Deficiency Yin or Yang
 - Overwork or too many children too close together



Heavy Periods

- Etiology

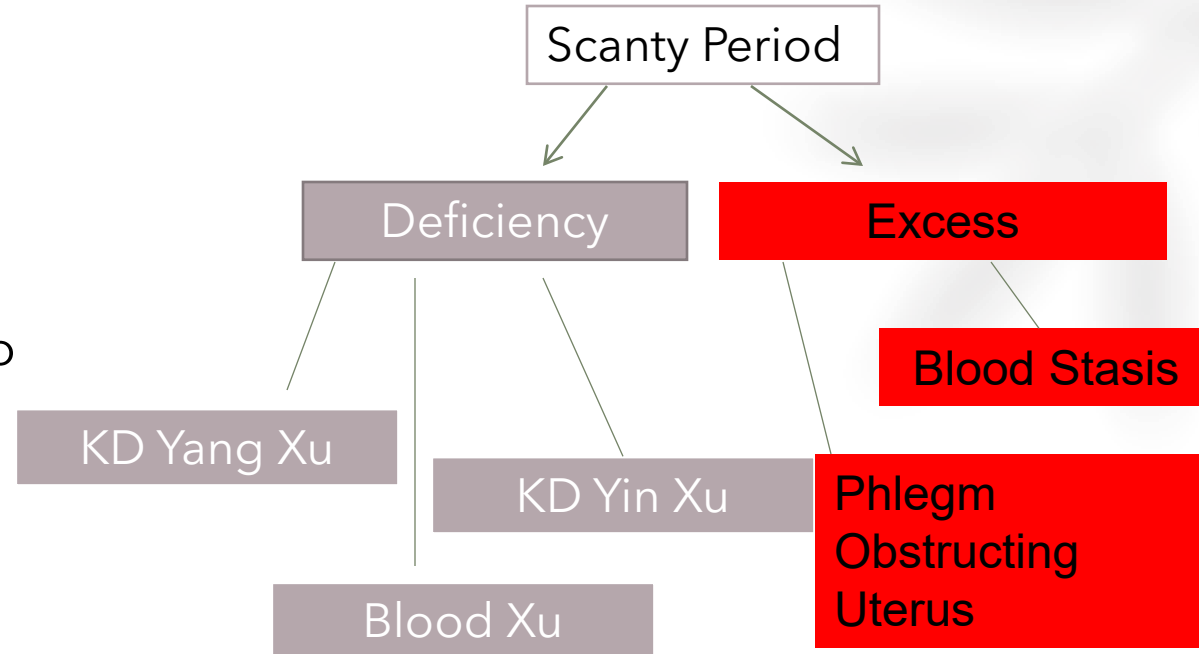
- Qi deficiency
 - Excessive physical work
- Blood heat
 - Emotional stress
 - Irregular diet
 - External heat
- Blood stasis
 - Emotional stress
 - Surgery
 - Post partum (hemorrhage is worse)



Scanty Periods

Etiology

- Blood Deficiency
 - Chronic illness, hemorrhage, irregular diet
- Kidney Deficiency Yin/Yang
 - Overwork, inherited weakness, too many children / close together
- Blood Stasis
 - Trauma, abdominal surgery, emotional stress, cold
- Phlegm obstructing the uterus
 - Irregular diet, physical overwork
- Birth Control Pill



PMS

- Etiology: Emotional Strain, Diet, Overwork – Excessive Sexual Activity
- Commonly symptoms include bloating, weight gain, breast tenderness, anxiety, irritability, food cravings /change in appetite, poor concentration, sleep disturbances, depressive symptoms...
- LV Qi stagnation: LV3, GB34, GB41, SP6, TW6, PC6
 - Ab and breast tenderness, irritable, clumsy, moody, hypochondriac pain

PREMENSTRUAL SYNDROME: SIGNS & SYMPTOMS



Skin Problems
like Acne

Irritation, Mood
Swings & Anger



Bloating, Gas,
Abdominal Pain

Social Anxiety
& Isolation



Breast
Tenderness

Lack of Focus,
Confusion



Swelling in Feet
and Hands

Depression
& Anxiety



Headache

Changes in
Sexual Desire



Fatigue

Altered Sleeping
Patterns



Food Cravings

Crying Phases



PMS

- Phlegm fire rising - PMDD: PC7, ST40, ST8, GV24, LI11, SP9, SP4/PC6, CV12, BL20
 - Agitation, depression, manic behavior, aggressive
- LV blood xu: CV4, LU7/KD6, SP6, ST36, GB34, PC6, CV6, LV8, BL20, BL18
 - Weepy, slight breast tenderness, scanty period, poor sleep
- LV and KD Yin xu: LV8, SP6, CV4, LV3
 - Slight breast tenderness pre and post, sore back and knees, 5 heart heat, dry throat, eyes and insomnia
- SP & KD Yang xu: BL20, BL23, CV4, ST36, SP6, KD3, LU7/KD6
 - Slight PMS with depression and weeping, slight ab and breast tenderness, tired, sore back, feel cold, frequent pale urination and low sexual desire



Building a Formula in TCM



All Individual Herbs in TCM Materia Medica Contain

Name: Mandarin, pinyin, pharmaceutical and family name, English, Japanese and Korean and standard species (when possible)

Properties: Taste and Temperature

Channels entered

Key characteristics

Dosage

Cautions & Contraindications

Text First Appeared

Much more...



枸杞子

gǒu qǐ zǐ

PHARMACEUTICAL NAME Lycii Fructus

FAMILY Solanaceae

STANDARD SPECIES

Lycium barbarum L. (宁夏枸杞 *níng xià gǒu qǐ*)

ENGLISH lycium fruit, Chinese wolfberry, matrimony vine fruit

JAPANESE *kukoshi*

KOREAN *kugija*

TEXT IN WHICH FIRST APPEARED

Divine Husbandman's Classic of the Materia Medica

PROPERTIES sweet, neutral

CHANNELS ENTERED Liver, Lung, Kidney

KEY CHARACTERISTICS enriches the yin of the Kidneys and Lungs, nourishes the Liver blood, mildly tonifies the Kidney yang

DOSAGE 6-12g

CAUTIONS & CONTRAINDICATIONS While this is not as greasy and cloying as many other yin and blood tonics, those with Spleen deficiency and dampness leading to diarrhea may still find it hard to digest. In those cases, the herb should be used with caution. See TOXICITY below.

Actions & Indications

- Nourishes and tonifies the Liver and Kidneys: for yin and blood deficiency patterns with such symptoms as sore back and legs, low-grade abdominal pain, impotence, nocturnal emissions, wasting and thirsting disorder, and consumption. Because this herb is neither hot nor cold, it is commonly used in treating Liver and Kidney deficiency.

—With *Angelicae sinensis Radix (dāng guī)*, *Glehnia Radix/ Adenophorae Radix (shā shēn)*, and *Toosendan Fructus (chuān liàn zǐ)* for epigastric and flank pain with

accompanying dryness in the mouth and throat, bitter taste, and acid regurgitation yin deficiency and constrained Liver qi.

—Often combined with *Rehmanniae Radix preparata (shú dì huáng)* for Kidney and Liver yin deficiency.

... Add *Drynariae Rhizoma (gǔ suì bù)*, *Eucommiae Cortex (dù zhòng)*, and *Dipsaci Radix (xù duàn)* for a sore and painful lower back due to Kidney deficiency.

... Add *Dioscoreae Rhizoma (shān yào)* and *Testudinis Plastrum (guī bǎn)* for severe yin deficiency with lower back pain, spermatorrhea, sweating, and diminished visual and aural acuity, as in *Restore the Left [Kidney] Pill (zǔo guī wán)*.

... Add *Cinnamomi Cortex (ròu guì)* and *Aconiti Radix lateralis preparata (zhì fù zǐ)* for Kidney yang deficiency, as in *Restore the Right [Kidney] Pill (yòu guī wán)*.

—With *Polygonati Rhizoma (huáng jīng)* for deficiency consumption with exhausted essence.

—With *Longan Arillus (lóng yǎn ròu)* for blood deficiency with a sallow complexion, insomnia, and multiple dreams.

- Benefits the essence and brightens the eyes: for Liver and Kidney deficiency patterns where the essence and blood are unable to nourish the eyes. Manifestations include dizziness, blurred vision, and diminished visual acuity.

—With *Chrysanthemi Flos (jú huā)* for tinnitus, headache, and visual impairment due to Liver and Kidney deficiency, as in *Lycium Fruit, Chrysanthemum, and Rehmannia Pill (qǐ jú dì huáng wán)*.

- Enriches the yin and moistens the Lungs: for consumptive cough and wasting and thirsting disorder.

—With *Ophiopogonis Radix (mài mén dōng)*, *Anemarrhenae Rhizoma (zhī mǔ)*, and *Fritillariae cirrhosae Bulbus (chuān bèi mǔ)* for consumptive coughs.

—With *Lycii Cortex (dì gǔ pí)* and *Stellariae Radix (yín chái hú)* for steaming bone disorder.

—With *Ecliptae Herba (mò hàn lián)* and *Asini Corii Colla (ē jiāo)* for coughing of blood due to yin deficiency.

—In folk medicine, 10g of this herb are steamed and taken 2-3 times a day for wasting and thirsting disorder.

... Add *Trichosanthis Radix (tiān huā fēn)* and *Dioscoreae Rhizoma (shān yào)* to increase its effectiveness.

Commentary

















Lycii Fructus (gǒu qǐ zǐ) nourishes the blood in the Liver to brighten the eyes, and tonifies the Lung and Kidney yin, while also mildly augmenting the Kidney yang. The *Grand Materia Medica* states that it “enriches the Kidneys, moistens the Lungs, and brightens the eyes.” It goes on to



Herbal Properties - Taste

Six Tastes









- Bitter - drain & dry
- Sweet - tonify & harmonize
- Acrid - disperse & move
- Salty - purge & soften
- Sour - astringe fluids & energy
- Bland - leech damp and promote urination

Flavor 	Element 	Organs 	Effects 	Food Examples 
Sour	Wood 	Liver & Gall bladder	Helps to control qi and blood, retains body fluids to stop heavy sweating, helps relieve loose stools; dries mucous and dampness	Lemon, lime, oranges, tomatoes, pineapple, olives, pomegranate, loquat, apple cider vinegar 
Bitter	Fire 	Heart & Small intestines	Clears heat, dries dampness, helps detox, stimulates appetite, helps with urination and bowel movements.	Bitter melon, tea, asparagus, celery, parsley, dandelion; many leafy greens such as, kale, arugula, lettuce, broccoli 
Sweet	Earth 	Stomach, Spleen & Pancreas	Nourishes qi; helps with dryness and lubricates body, helps with constipation. Too much sweet creates dampness.	Many grains, fruits, and vegetables: rice, apples, corn, carrots, pumpkins, soybeans, sweet potato, potato, peas, peanuts, honey, dates 
Pungent/ Spicy	Metal 	Lungs & Large intestine	Promotes blood and qi circulation. Stimulates appetite. Warming and drying. Too much creates excess heat and dissipates qi.	Onions, leeks, scallions, chives, garlic, fresh ginger, chili peppers, cinnamon, wasabi 
Salty	Water 	Bladder & Kidneys	Dissolves stagnation, softens stool (relieves constipation), nourishes blood, detox the body. Too much creates excess dampness.	Anything from the sea, such as seaweed, kelp, and sea salt. Miso and pickles are also salty.  Foods that are a little salty include millet, barley, parsley, celery 



Herbal Properties - Temperature

- Hot
- Warm
- Neutral
- Cool
- Cold
- Special “temperatures”
 - Aromatic: penetrate though turbidity
 - Astringent: prevents fluid leakage

	Energy 	Food Examples 
Yin	Cold 	Bamboo, bitter melon, watermelon, tomato, banana, seaweed, kelp, lettuce, sprouts, salt
Yin	Cool 	Cucumber, celery, apple, coconut, oranges, mango, Chinese tea, soy milk, cheese, yogurt
Balanced	Neutral 	Rice, sweet potato, potato, turnips, carrot, cabbage, soybeans, adzuki beans, many nuts and seeds, shiitake mushrooms, sugar
Yang	Warm 	Onion, leeks, chives, cilantro, cumin, fennel, garlic, ginger, glutinous rice, pumpkin, dates, walnuts, coffee
Yang	Hot 	Black pepper, cinnamon, dried ginger, chili peppers, mustard seeds

Art of Herbal Combination

- **Chief: main ingredient - provides the therapeutic thrust of a prescription**

- **Deputies: enhance or assist the therapeutic action of the chief**

- **Assistant: treats accompanying symptoms OR moderates toxicity / harshness of the chief or deputies**

- **Envoy: guides the formula to a channel or organ or harmonize the formula**

Mutual Accentuation: $1+1=2$ - similar function accentuates the therapeutic effect

Mutual Enhancement: $1+1=3$ - 2+ herbs with different actions enhancing a combined clinical effect

Mutual Counteractions: toxicity or side effects are reduced by the other

Mutual Suppression: one herb decreases the efficacy of the other

Mutual Incompatibility: combining 2 substances makes toxic effects

A top-down view of various dried herbs and botanicals in small wooden bowls, a mortar and pestle, and fresh green herbs on a wooden surface. The scene is rich with natural textures and colors, including yellows, greens, blues, and browns. The text "Western Herbals in the TCM Paradigm" is overlaid in a white serif font on a semi-transparent grey rectangular background in the upper-middle section of the image.

Western Herbals in the TCM Paradigm

Dysmenorrhea

Primary dysmenorrhea: painful menstruation in the absence of pelvic pathology. Characterized by recurrent, crampy, lower abdominal pain during menstruation, it is the most common reason for gynecologic visits, affecting 50% to 90% of women, half of whom describe their pain as moderate to severe.¹

Secondary dysmenorrhea refers to the same clinical features of pain during menstruation, but is attributable to pelvic pathology, such as endometriosis, fibroids, adenomyosis, and congenital anatomic abnormalities.

Management of primary dysmenorrhea is directed toward excluding other causes of symptoms and identifying medical therapies that control the patient's symptoms.

Despite its high prevalence, dysmenorrhea is often underdiagnosed, inadequately treated, and normalized even by patients themselves, who may accept the symptoms as an inevitable response to menstruation.

History consistent with primary dysmenorrhea, normal findings from pelvic examination, negative results on urinary human chorionic gonadotropin pregnancy test

Trial of nonsteroidal anti-inflammatory drugs or oral contraceptives

Symptoms relieved? — Yes → Continue therapy and reassess every six months

No
Laboratory testing (e.g., gonorrhea and chlamydia testing, urinalysis, erythrocyte sedimentation rate, complete blood count)

Positive findings? — Yes → Treat pelvic inflammatory disease

No
Pelvic ultrasonography

Positive findings? — Yes → Treat pathology

No
Reassess clinical history for changes
Computed tomography, magnetic resonance imaging, hysteroscopy, or laparoscopy based on clinical suspicion

Positive findings? — Yes → Treat pathology

No
Consider chronic pelvic pain and multidisciplinary approach

Ginger (Sheng Jiang) for Menstrual Cramps

- Zingiberis Rhizoma recens - acrid and slightly warm; enters LU, SP and ST - warm and expel cold in the body, benefits ST and transforms phlegm
- Anti-inflammatory: it blocks excess prostaglandin formation. In dysmenorrhea, excessive prostaglandins have been linked to menstrual cramps and severe pain.
- Helps with cold in the uterus (feels better with heat)
- Helpful for bloating, loose stools, and nausea around your period
- Research:
 - Ginger has been shown to be as effective as mefenamic acid and ibuprofen in relieving menstrual pain
 - 750 mg - 2000 mg of Ginger powder* (must contain 5% Gingerols) during the first 3-4 days of the menstrual cycle has been shown to be effective for menstrual pain





Fructus Gardenia (Zhi Zi) for Menstrual Cramps

- Gardeniae Fructus - bitter and cold - enters HT, LU, ST, LV and SJ; resolves heat and directs it down to clear and break toxic accumulation
 - Analgesic
 - Hepatoprotective
 - Central Nervous System suppressant: sedative, calming
- Good for feeling hot around the period - insomnia, anxiety, acne, anger, headaches, and feel hot a few days before and during their periods.
- Research:
 - Gardenia can help reduce anxiety as part of its role in the Chinese Herbal formula Xiao Yao San
 - Genipin, a constituent of Gardenia, can significantly prostaglandin production and reduce inflammation



Angelica Sinensis (Dang Gui) for Menstrual Cramps (or Dong Quai)

- Angelicae sinensis Radix - sweet, acrid and warm; enters HT, LV and SP - tonify and invigorate the blood, regulates menses and alleviates pain
 - Good premenstrual; once the bleeding is finished, it can help rebuild lost blood.
 - Calms cramps - this means it can help calm cramps and reduce pain.
- Pharmacological effects:
 - Antiplatelet effect: stasis of blood is one of the key culprits for stabbing cramps
 - Analgesic and inflammatory herb. Angelica extract has been shown to have similar effects to Aspirin (1.1 x stronger than aspirin; analgesic effect is 1.7 x stronger)
- Research:
 - Angelica essential oil was given to 112 patients for 15-20 days and was 76.79% effective in relieving menstrual pain
 - Angelica sinensis polysaccharide (ASP) is an effective medicine for aplastic anemia (AA). The present study aims to investigate whether mitochondrial apoptosis in aplastic anemia could be corrected by ASP by adjusting an abnormal level of regulatory T cell (Treg)/ IL-17 secreting CD4 T cell (Th17) ratio



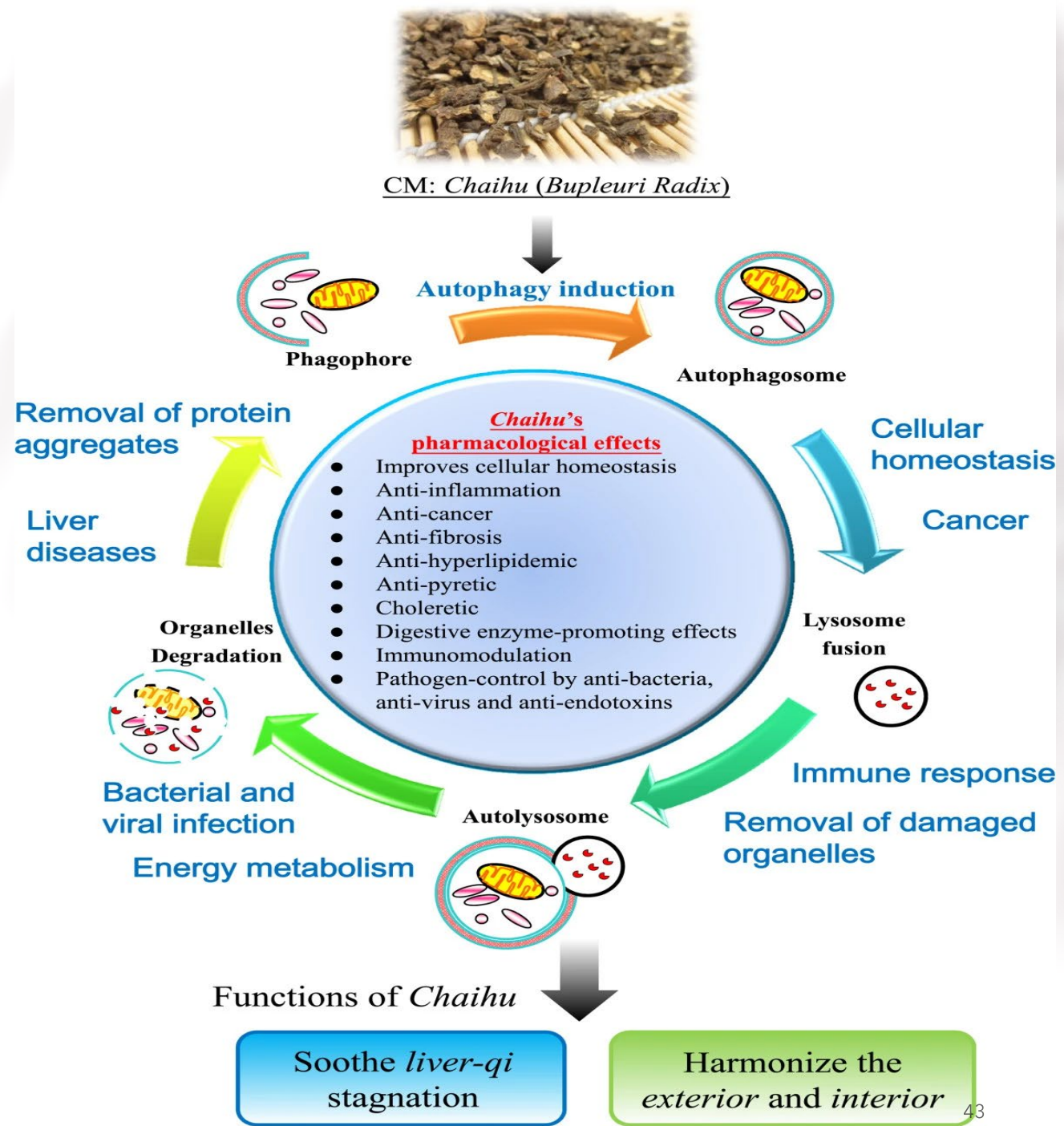


Bupleurum (Chai Hu)for Menstrual Cramps

- Bupleuri radix- bitter, acrid, and cool; enter GB, LV, PC and SJ - raises clear qi of GB and ST and relives LV constraint
- LV relationship to estrogen metabolism = dominance leads to symptoms of "excess" estrogen like heavier periods, severe mood swings, and painful cramps
 - TCM LV qi stagnation = breast tenderness, mood swings, irritability, and menstrual cramps
- Pharmacological effects:
 - Analgesic and antipyretic
 - Anti-inflammatory and sedative
- Research
 - Chai hu increases plasma beta-endorphin, epinephrine and decreases E2 and dopamine



“Chai hu’s active components saikosaponins alleviates a wide spectrum of disorders in a multi-target manner through its immunomodulatory, antipyretic, hepatoprotective, choleric, autophagy-inducing, sedative and analgesic, anti-hyperlipidemic, antiviral and anticancer effects”



White Peony (Bai Shao)for Menstrual Cramps

- Paeoniae Radix alba - bitter, sour, mildly cold; enters LV and SP - nourish LV blood and LV and SP yin, extinguish wind and stops pain
- Paeoniflorin is the major active component
- Helps keep LV functioning smoothly and builds blood
 - Imperative for estrogen metabolism and healthy periods
- Other pharmacological effects:
 - Anti-spasmodic - for all muscle spasms
 - Anti-inflammatory - can inhibit the production of inflammatory mediators and proinflammatory cytokines
 - Antiplatelet
 - CNS suppressant for muscle relaxation and sleep
- Research:
 - Paeoniflorin directly suppresses morphine-induced microglial activation, thus potentiating the acute analgesic effects of morphine and attenuating antinociceptive tolerance to chronic administration





Moutan Cortex (Mu Dan Pi) for Menstrual Cramps

- Moutan Cortex - acrid, bitter, slightly cold; enters HT, LV, KD - clears heat (shi /xu), invigorates blood and clears blood heat
- Heat = shorter menstrual cycles, heavy bleeding, feverish sensations around the period
 - With poor blood circulation + heat = inflammation and cramps.
- Pharmacological effects:
 - Potent anti-inflammatory inhibiting prostaglandin production and inhibited the activation of NF- κ B and IRF reporters, downstream signaling pathways and the production of IL-6 and TNF- α , in a dose-dependent manner.
 - Antimicrobial
 - Antibiotic
 - Lowers blood pressure and fevers
 - Sedative and analgesic properties
- Often paired with gardenia (zhi zi) to clear heat from menstrual cycles





Safflower (Hong Hua) for Menstrual Cramps

- Carthami Flos - acrid and warm; enters HT and LV - invigorates the blood and stops pain
- Major bioactive chemical constituents include polyphenolic acids, diterpene compounds, carthamin, and hydroxysafflor yellow
- Increases blood circulation and clears any blood blockages in reproductive organs.
 - Blockages in the pelvis - fibroids
 - Anti-thrombotic, and anti-cancer properties
 - Combined with Dan Shen treats diabetes and CVD



Salvia miltiorrhiza

Dān hóng injection

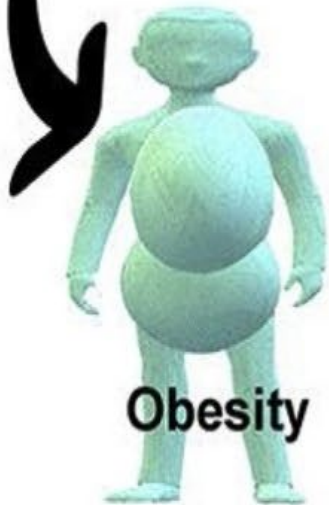
Carthamus tinctorius

Salvianolic acids & Tanshinone
Antithrombus, Antiplatelet
↓TNF- α , NF-kB, MCP-1
↑AMPK



Adiponectin↑
↑PPARs
Insulin promoter
Anti-inflammatory
↑Vascular function

↓Renin, angiotensin
adesterone
Glucose metabolism
↓Cholesterol



Obesity

↑Triglycerides
Adipokines
Adiponectinemia
↑LDH & ↓HDL
Deformity



Atherosclerosis

Inflammation
High Plasma Lipid
Endothelial dysfunction
Dyslipidemia
TNF- α , IL-6, CRP↑
IL-10, mRNA, iNOS, COS-2



Hypertension

Inflammation
Vascular calcification
Vascular remodeling
Myocardial infarction
Renal injury



Diabetes mellitus

Inflammation
Insulin resistance
Endothelial dysfunction
Renal injury
Deformity



Ischemic stroke

Inflammation
Endothelial dysfunction
Thromboses
Oxidative stress
BBB dysfunction
Deformity

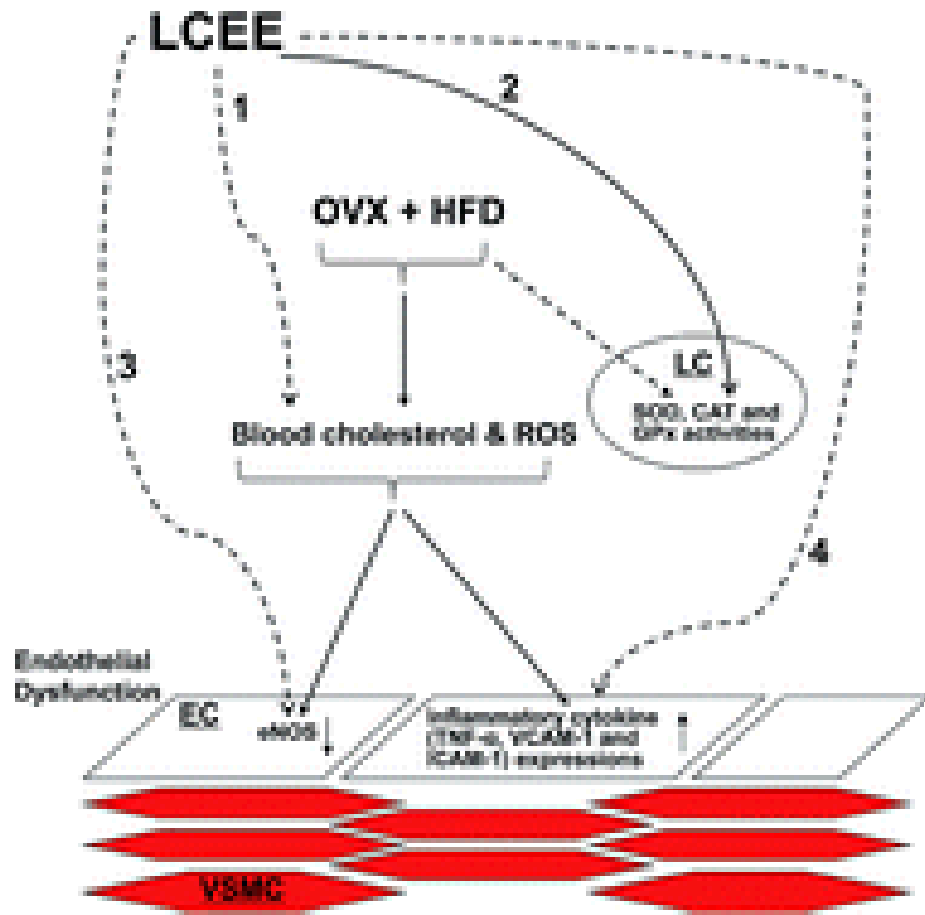
Sichuan Lovage (Chuan Xiong) for Menstrual Cramps

- Chuanxiong Rhizoma – acrid and warm; enters LV, GB and PC – invigorates the blood, moves qi , expels wind and stops pain
 - Stasis of blood = stabbing pain
 - Irregular menstruation, amenorrhea, dysmenorrhea, post-partum abdominal pain and headaches
- Anti-inflammatory, anti-spastic, and analgesic
- Research:
 - The active ingredient tetramethylpyrazine can relax the uterus





- An ethanolic extract of Chuan Xiong 600 mg per kg per day, p.o. (LCEE) studied on ovariectomized (OVX) rats
- Fed a high-fat diet (HFD) plus LCEE for 12 weeks.
 - Used to mimic the dyslipidemia condition seen in postmenopausal women
- LCEE was found significantly to reduce the body weight gain, improve serum lipid profiles - lowered LDL and raised HDL and protect vascular endothelium in the HFD-fed OVX rats.
- Postulated that LCEE could exert its vascular protective effects
 - Improving serum lipid profiles to reduce the detrimental effects of cholesterol
 - Reducing the ROS level in the body via enhancing the hepatic anti-oxidative activity generated in the postmenopausal hypercholesterolemic condition
 - Stimulating eNOS-derived nitric oxide production
 - Counteracting the up-regulation of inflammatory cytokine (TNF- α , VCAM-1 and ICAM-1) expressions so as to reduce endothelium damage





Fennel (Xiao Hui Xiang) for Menstrual Cramps

- Foeniculli fructus - acrid and warm; enters LV, KD, SP and ST - harmonize the middle, and warm the LJ
 - Good for "coldness" in the uterus, explosive diarrhea with menses and PMS with abdominal bloating
 - Cramps better with heat
 - Active ingredients: alkaloids, phytosteroles, phenols, tannins, caumarin, and flavonoids
- Research:
 - Fennel was found to be an effective herbal drug for menstrual pain and related menstrual symptoms
 - Fennel extract enhanced serum progesterone levels and endometrial thickness while decreasing serum estrogen levels and uterine epithelial cell thickness



Corydalis (Yan Hu Suo) for Menstrual Cramps

- Corydalis Rhizoma - acrid, bitter and warm; enters LV, HT, ST - invigorates the blood and strongly stops pain
- Pharmacological effects:
 - Analgesic: studied alongside morphine for a comparison of its pain-relieving effects due to the presence of sanguinarine and benzophenanthridine alkaloids
 - Not as strong (40%) & builds tolerance slower than it does to morphine
 - Anti-inflammatory: inhibits the release of histamine
 - Muscle relaxant
 - Use for chest pain and post partum blood stasis




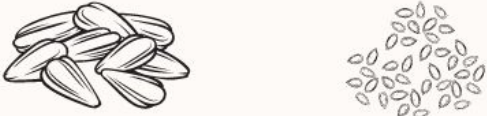
Chaste Tree (Man Jing Zi) for PMS / Menstrual Cramps

- Vitex Agnus Castus (Viticeae Fructus) - acrid, bitter and cool; enters BL, LV and ST - ascending, dispersing and cooling for wind heat and wind damp bi
- Pharmacological effects:
 - Stimulates the pituitary gland and increases LH, the production of progesterone while reducing prolactin levels via dopaminergic activity
 - Combats premenstrual syndrome
 - 1997 study found that women taking vitex experienced greater relief from PMS symptoms, including breast tenderness, cramping and headaches



CHEAT SHEET FOR SEED CYCLING

How to count: Day one of your cycle is the day you start bleeding.

FOLLICULAR PHASE <i>Days 1 - 14 of your Cycle</i>	LUTEAL PHASE <i>Days 15 - 28 of your Cycle</i>
 <p>FLAX PUMPKIN</p>	 <p>SUNFLOWER SESAME</p>
<p>SEEDS</p>	<p>SEEDS</p>
<p>Try having 1-2 tablespoons of flax and pumpkin seeds each day during this phase.</p>	<p>Try having 1-2 tablespoons of sunflower and sesame seeds each day during this phase.</p>

BENEFITS	BENEFITS
<p>Pumpkin seeds and flax seeds help improve estrogen levels while preventing excess estrogen. Flax seeds contain lignans which bind to excess estrogen. Pumpkin seeds are high in zinc which helps support progesterone production.</p>	<p>Sesame seeds and sunflower seeds help boost progesterone production. Sesame seeds are high in zinc (a progesterone booster!). Sunflower seeds are high vitamin E and selenium. Vitamin E helps boost progesterone production, while selenium remove excess estrogen.</p>
OTHER FOODS	OTHER FOODS
<p>Sweet potatoes, brown rice, greens, salmon, shrimp, avocado.</p>	<p>Quinoa, eggs, fresh fruit, cucumber, lean meats, cauliflower.</p>
ENERGY	ENERGY
<p>This phase is good for high-intensity exercise such as running or circuit workouts. You may notice you are most creative and and focused during days 1-7, with a shift toward clear communication, productivity, and being social during days 8-14.</p>	<p>This phase is good for activities that support rest and reflection, such as yoga, long walks, or bike rides. You may find that you are assertive and enjoy problem solving or public speaking during days 15-21, with a shift toward feeling analytical during days 22-28.</p>



Seed Cycling in TCM

Follicular

- Flax - Ya Ma Zi; sweet and neutral; enters ST, LI, LV - lubricates the digestion and dispels wind
- Pumpkin - Nan Gua Zi; sweet and neutral; enters ST and LI - kills parasites, promotes lactation, is high in antioxidants, fiber and vitamin A, low in calories, strengthens the digestive system

Luteal

- Sesame (black preferred) - Hei Zhi Ma; sweet and neutral; enter KD, LV, and LI - tonify yin, jing and blood, moisten the intestines, and help build the shen
- Sunflower - Kui Hua Zi; sweet and neutral; enters SP, SI, LI nourish - expel damp, moisten skin and rebuild energy in the body



Herbs Into Top Common Menstrual Formulas

- Patents exist - raw, granular or pills
 - Tang - "soup" of the herbs made in a pot
 - San - powder
 - Wan - a big pill / black tea pill
 - Can be coated with honey (mi wan) or other pastes
 - Pian - tablet (coated or pressed granules)
 - Shui - tincture
- Formulas can be customized for the patient
 - Symptoms, lifestyle, body type, medication use, etc..





Examples of Herbal Combinations

Cooling Moistening Blood Tonics

- Improve dryness, blood deficiency and slow certain signs of aging
 - Polygonum - He Shou Wu
 - Salvia - Dan Shen
 - Goji - Gou Qi Zi
 - Jujube date - Da Zao
 - Rehmannia - Sheng Di Huang (or Shu Di)

Moderating Herbs used with Moistening

- Help you avoid water retention, lethargy and diarrhea
 - Atractylodes - Bai Zhu
 - Cardamom -
 - Ginger - Sheng Jiang
 - Bupleurum - Chai Hu
 - Cinnamon - Gui Zhi

Warming Blood Tonics

- Angelica (Dang Gui) - to enhances uterine circulation

Si Wu Tang – Four Substance Decoction

- Tonify the blood and regulates the Liver -
- Can be augmented into 12 different forms based on desired effects
 - Shu Di Huang: 9-21gms
 - Bai Shao: 9-15 gms
 - Dang Gui: 9-12 gms
 - Chuan Xiong: 3-6 gms



Gui Pi Tang — Restore the Spleen Decoction



This is a modification of Four Gentleman decoction (Si Jun Zi Tang) and Tangkeui Decoction to tonify the blood (Dang Gui Bu Xue Tang)

- Augment the qi, tonify the blood, strengthen the SP and nourish the HT - early periods or prolonged light bleeding, palpitation
 - Ren Shen - 15 gms
 - Huang Qi - 30 gms
 - Bai Zhu - 30 gms
 - Fu Ling - 30 gms
 - Suan Zao Ren - 30 gms
 - Long Yan Ruo - 30 gms
 - Mu Xiang - 15 gms
 - Zhi Gan Cao - 7.5 gms
 - Dang Gui - 30 gms
 - Zhi Yuan Zhi - 30 gms

Bu Zhong Yi Qi Tang – Ginseng & Astragalus Tonify the Middle & Augment the Qi

- Tonify MJ and raises sunken yang
 - SP and ST deficiency with SOB, weight loss, night sweats, weakness, DUB, habitual miscarriage, and prolapse
 - Huang Qi - 1.5-3 gms
 - Ren Shen - 0.9 gms
 - Bai Zhu- 0.9 gms
 - Zhi Gan Cao - 1.5 gms
 - Dang Gui - 6 gms
 - Chen Pi- 0.9 gms
 - Sheng Ma- 0.9 gms
 - Chai Hu- 0.9 gms



Liu Wei Di Huang Wan — Rehmannia Six Formula

- Ancient formula to treat LV and KD yin deficiency, builds and stabilize the essence
 - Soreness and weakness in the lower back, dizziness, a hot feeling in the body, night sweats, premature menopause, scanty menses or tinnitus
 - Shu Di Huang - 240 gms
 - Shan Zhu Yu - 120 gms
 - Shan Yao- 120 gms
 - Fu Ling- 90 gms
 - Mu Dan Pi- 90 gms
 - Ze Xie - 90 gms



Ba Zhen Tang – Eight Treasure Decoction or Women’s Precious Pills



- Tonify and augments the qi and blood and drains damp
 - Focus to KD, HT and SP
 - All 3 gms except 1.5 to the licorice
- Late menarche, menstrual pain, scanty or irregular menses, PMS, habitual miscarriage, DUB, , palpitation and post partum recovery
 - Combination of Si Wu Tang and Si Jun Zi Tang (4 Gentleman decoction)
 - Ren Shen or Dang Shen (less warm)
 - Bai Zhu
 - Fu Ling
 - Zhi Gan Cao
 - Shu Di Huang
 - Bai Shao
 - Dang Gui
 - Chuan Xiong

Er Xian Tang —Two Immortals Decoction



- Nourish kidney yin, tonifies kidney yang and drains kidney fire, regulates the Chong & Ren
 - Reducing menopause symptoms, amenorrhea, irritability, insomnia, palpitations and hypertension
 - Xian Mao - 6-15 gms
 - Yin Yang Huo- 9-15 gms
 - Ba Ji Tian- 9 gms
 - Huang Bai- 4.5-9 gms
 - Zhi Mu- 4.5-9 gms
 - Dang Gui- 9 gms

Wen Jing Tang – Warm the Menses Decoction

- Warm the menses, dispels cold, nourish the blood and dispel stasis
- Top 3 herbs at 9 gms; rest at 6 gms
 - Wu Zhu Yu
 - Dang Gui
 - Mai Men Dong
 - Gui Zhi
 - Chuan Xiong
 - Shao Yao
 - E Jiao
 - Mu Dan Pi
 - Ren Shen
 - Gan Cao
 - Sheng Jiang
 - Ban Xia



You Gui Wan – Restore the Right Kidney

- Warms and tonifies KD yang and blood and replenish the essence
- Cold extremities, low back and knee pain, edema and infertility
 - Zhi Fu Zi - 60-80 gms
 - Rou Gui - 60-120 gms
 - Lu Jiao Xia - 120 gms
 - Shi Di Huang - 240 gms
 - Shan Yao - 120 gms
 - Gou Qi Zi- 120 gms
 - Tu Si Zi- 120 gms
 - Du Zhong- 120 gms
 - Dang Gui - 90 gms



Thank you

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APPENDIX


TCM Menstrual Irregularities

- Etiology:
 - Overwork
 - Emotional stress
 - Excessive physical work
 - Exposure to cold
 - Too many children too close together
 - Inherited Kidney xu
 - Surgery
- Treatment:
 - Harmonize qi and blood
 - Tonify Kidneys
 - Strengthen Spleen
 - Harmonize Liver
 - Regulate CV / GV & Chong

Kidney


Syndromes	Symptoms	Emotions	Healing foods	Recommendation
KD Qi def. 	Low back & knee pain, premature aging, balding, incontinence, seminal emission, fatigued	Insecure, excessive fear	Parsley, wheat berry, rice, oyster, clam, salmon, raspberry, blackberry	Avoid excess of any kind (sexual, alcohol, work, stress, diet...)
KD Yin def. 	Ear ringing, dizzy, dry throat & mouth, insomnia, low back ache, weak legs, red cheeks & tongue	Irritable, anxiety, not dependable, not committed to anything	Millet, barley, tofu, black & kidney beans, soy, melons, blueberry, chestnut, potato, spirulina, seaweed, black sesame seed, sardine, crab, egg, cheese (small amount)	Avoid stress, anger, alcohol, coffee, lamb, cinnamon or spicy foods
KD Yang def. 	Cold body, pale & puffy face, weak knees & low back, no sexual desire, clear profuse vaginal discharge, infertility, edema,	No willpower, inactive, not productive, indecisive	Walnuts, almonds, cinnamon, cloves, fenugreek, anise, onion, quinoa, lamb, salmon, trout, black peppercorn,	Avoid fruits, raw foods and excessive salt
KD essence def. 	Impaired growth, mental retardation, slow thinking, weak bones, loose teeth, dizzy, hair loss, painful knees	Cannot focus or concentrate, slow insecurity	Spirulina, chlorella, liver, kidney, brain and bones, bone marrow, Placenta! almonds, milk, nettle, royal jelly & bee pollen	Avoid excess lifestyle, and marijuana !

Kidneys Functions in Chinese Medicine





Govern birth, growth, reproduction and development

Control the lower orifices




Manifest on the Hair







Open into the Ear

Store Essence




Ming Men Fire Gate of Vitality



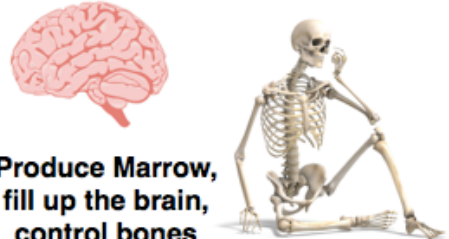


Receive Qi from Lung


Govern Water



Produce Marrow, fill up the brain, control bones



House willpower



KD Yang Deficiency

Signs & Symptoms:

- Menorrhagia
- Late periods
- Leucorrhea - whitish
- Diarrhea with periods
- Edema in pregnancy
- Infertility
- Chilliness
- Back pain
- Depression
- Frequent Urination
- T=Pale, wet, swollen
- P=Deep, slow

Treatment Principal: Tonify Fire from Water
by using GV4 or by tonifying qi

- BL23
- KD3
- KD7
- CV4
- KD13
 - Moxa is applicable

KD Yin Deficiency

Signs and Symptoms:

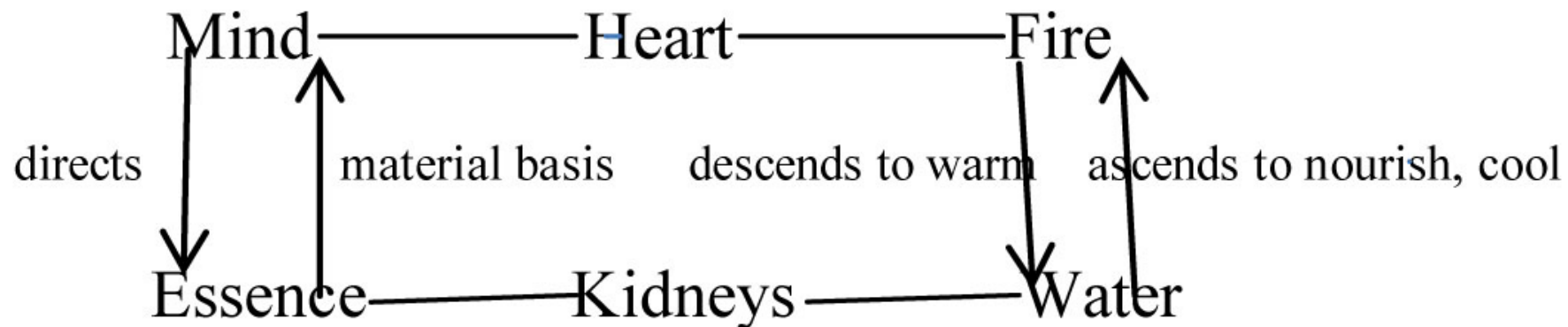
- Menorrhagia
- Early or scanty periods
- Amenorrhea
- Eclampsia
- Infertility
- Dizziness
- Tinnitus
- Back ache
- Feeling of heat / hot flashes
- T=Red, peeled
- P=Floating-empty or fine and rapid

Treatment Principal: Nourish yin and blood mildly or strongly, clear empty heat

- CV4
- KD6, KD3, KD13, KD10
 - KD9 for its mental effect calms the mind and relieve anxiety
- SP6
- BL23
- BL52

KD Essence

- Points that most nourish the essence: CV4, KD13, BL52, BL23
- Complicated cases of yin and yang deficiency, acupuncture may be helpful as it is more neutral but correct diagnosis and herbs do a better job

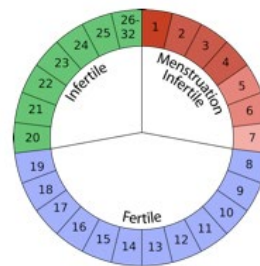


Liver

Patterns	Symptoms	Pulse	Tongue
LV Qi stagnation	Rib pain, sighing, mood swing, nausea, sour taste, acid reflux, belching, feeling of lump in throat, PMS (breast distention, cravings, irritable)	Wiry	Normal
LV Yang rising	Temple headaches, angry, dizzy, tinnitus, dry mouth & eyes, insomnia, red face.	Wiry-rapid	Red especially on sides
LV Fire	Temple headache, very angry, red face & eyes, bitter taste, thirst, constipation, dark urine, dizzy, tinnitus, nosebleed	Wiry-rapid,	Red sides, thick yellow coat
Damp-heat in LV	Fever, scanty dark urine, yellow face & sclera, jaundice, nausea, vomiting, bloating, itchy & yellow discharge from vagina, swelling-red scrotum	Slippery-wiry-rapid	Red, sticky yellow coat
LV insulting LU	Short of breath, asthma, cough yellow or bloody phlegm, rib pain, headache, dizzy, bitter taste, thirst	Wiry-slippery	Red sides, yellow coat
LV Yang generates Wind	Convulsions, deviation of eyes or mouth, hemiplegia, difficult speech, dizzy, may faint, red cheeks, low grade fever, dry mouth	Wiry-rapid, thin,	Red, peeled, deviated
LV Blood def.	Dull pale face, pale nails (& brittle) & Lips, numb limbs, dizzy, insomnia, blurred vision, eye floaters, scanty menses, weak muscles, cramps	Thin-choppy	Pale especially on sides
LV Yin def.	Dry eyes, blurred vision, red cheeks, night sweat	Wiry-thready	Red, dry coat

LIVER Functions in Chinese Medicine

Stores blood for menstruation



Opens into the eyes & controls tears



Controls sinews for better movement



Ensures smooth Qi flow



Manifests in the nails



GOAL



Houses the Ethereal Soul for planning & envisioning

LV Blood or Yin Deficiency

- Root of infertility and amenorrhea (scanty, late periods)
- Other symptoms: dizziness, poor memory, insomnia, blurred vision, dryness (eyes, hair, skin, nails), tingling of limbs, T=pale and thin, P=choppy and fine
- Treatment Principal: Nourish the Liver blood
 - LV8
 - CV4
 - SP6
 - BL18
 - BL17
 - BL20
 - ST36

Stagnation of LV Qi

- Frequent cause of PMS, dysmenorrhea and premature menopause
- Other symptoms: sighing, distension feeling in epigastrium, bloating and gas, abdomen and breast distention, moodiness, depression, and irritability, constipation with dry bitty stool, P=wiry, T= red sides
- Treatment Principal: Pacify the Liver
 - LV3
 - GB14
 - LV14
 - LV13
 - GB26
 - LV5
 - TW6
 - PC6

LV Blood Stasis

- Consequence of qi stagnation over a long period of time
- Pain is the differing symptom over distension
- Symptoms: painful periods, dark menses with clots, abdominal masses, dark complexion, abdominal pain, T=purple, P=wiry/choppy
- Treatment Principal: move LV and resolve blood stasis
 - LV3
 - GB14
 - LV14
 - LV13
 - GB26
 - LV5
 - BL17
 - SP10

LV Heat

- Qi stagnates and gives rise to heat
- Symptom: like Liver qi stagnation plus early / heavy periods, vomiting with periods, discharge from nipples, feeling of heat, dry throat, red face and thirst, T=red sides, P=slightly rapid
 - LV2
 - GB14
 - LV14
 - LV13
 - GB26
 - LV5
 - LV3
 - LI11

LV Yang Rising or Excess Wind

- Root of menstrual headaches, eclampsia, or menopausal symptoms
- Arises from KD yin/yang deficiency or LV blood/yin deficiency, P=wiry, T=red sides
- LV yang rising: more PMS, throbbing headache, irritability, irregular periods, red face, dizziness in pregnancy
- LV wind: tics, tremors, convulsions, stiff neck
 - LV3
 - GB20
 - TW5
 - LI4
 - GV16

Spleen

SPLEEN Functions in Chinese Medicine



Produces
Blood



Prevents Water
Retention

Controls
Saliva



Governs digestion of
nutrients into energy

Prevents
Hemorrhage



Keeps organs
from prolapsing

It houses clear
thinking



Controls
Muscles



Opens into the
mouth



Manifests
on the lips

Patterns	Symptoms	Pulse	Tongue
SP Qi def.	Poor appetite, bloating after meal, loose stools, fatigue, pale & weak limbs	Weak	Pale or pink
SP Yang def.	Cold body & limbs, edema, poor appetite, bloating, fatigue, pale dull face, loose stools	Deep-weak-slow	Pale, swollen, wet coat
SP Qi sinking	Bearing down sensation in abdomen, prolapse or organs (ST, BL, uterus, rectum), frequent urination, varicose vein, poor appetite, loose stool, fatigue.	Weak-very thin	Pale
SP not controlling blood	Purpura, blood spots under skin, blood in urine or stools, menorrhagia (heavy menses), bleeding gums, poor appetite, bloating, fatigue	Thin-weak	Pale
SP Qi def. w/ dampness	Poor appetite, fatigue, boating, loose stools, heavy limbs & head, nausea, stuffed stomach region	Slippery, weak	Pale or pink, thick white greasy coat
Cold-damp in SP	Fatigue, loose stools, heavy head & limbs, sweet taste in mouth, no thirst, white vaginal discharge, cold stomach	Slippery-slow	Sticky-thick-white coat

SP Qi and Blood Deficiency

- Tiredness, amenorrhea, scanty / late periods, tired, poor appetite, loose stool, T=pale, P=weak
 - ST36
 - SP6
 - CV12
 - BL17
 - BL20
 - BL21

SP Yang Deficiency

- More serious stage of SP qi deficiency
- Feeling of cold, cold arms and legs, loose stools, slight abdominal pain, scanty periods, dysmenorrhea, leucorrhea; T=pale, P=slow
- Associated with KD yang deficiency
 - Moxa used
 - ST36
 - SP6
 - CV12
 - BL20
 - BL21

SP Qi Sinking

- Prolapse of organs and bearing down sensation, long term vaginal discharges, frequency or incontinence
- Emotional connection of low moods and depression
 - ST36
 - SP6
 - CV12
 - BL20
 - BL21
 - GV20
 - CV6
 - Tituo - uterus prolapse

SP not Holding the Blood

- Dependent on SP qi rising
- Tonify the SP to reinforce the holding of blood
 - ST36
 - SP6
 - CV12
 - BL20
 - BL21
 - GV20
 - SP1 -empirical point to stop uterine bleeding (moxa)

SP Deficiency w/Dampness

- SP deficiency: tiredness, poor appetite, loose stools, abdominal distension, excessive vaginal discharge
- SP dampness with deficiency: heavy feeling, sticky taste, profuse vaginal discharge, poor digestion, full feeling, T=thick sticky coat, P=slippery
- Conditions include excessive vaginal discharge, dysmenorrhea, mid-cycle pain, ovarian cysts, cervical cancer, infertility
 - ST36
 - SP6
 - CV12
 - BL20
 - BL21
 - SP9
 - BL22
 - CV9
 - ST28

Heart

Patterns	Symptoms	Pulse	Tongue
HT Qi def.	Palpitations, short of breath, fatigue, sweating, pale	Weak	Pale or pink
HT Yang def.	Palpitations, feeling cold, cold limbs, bright pale face, fatigue, discomfort in the heart area	Deep, weak, slow	Pale, swollen, wet coat
HT blood def.	Palpitations, dull pale face & lips, insomnia, dream-disturbed-sleep, poor memory, anxiety	Thready & choppy	Pale, thin, slightly dry coat
HT Yin def.	Palpitations, red cheeks, night sweat, dry mouth & throat, low grade fever, insomnia, dream-disturbed-sleep, mental restlessness, uneasiness	Thin-rapid & floating	Red, tip redder, deep crack in middle
HT Yang Collapse	Palpitations, short of breath, profuse sweat, cold limbs, purple lips, fainting , may be coma.	Knotted	Very pale or purple
HT Fire Blazing	Palpitations, thirst, mouth ulcers, agitation, red face, insomnia, dark urine (may have blood in urine), bitter taste	Full-big-rapid	Red, tip redder, prickles, yellow coat
Phlegm-Fire in HT	Mental confusion, bitter taste, palpitations, insomnia, incoherent speech, uncontrolled behavior	Full-rapid-slippery	Red, yellow-sticky coat
HT blood stasis	Palpitations, pain in Ht area radiating to left arm, purple lips & nails, cold hands	Knotted	Purple

HEART Functions in Chinese Medicine

Controls Blood circulation



Opens into the tongue & affects speech

Manifests on the face



Controls Blood vessels & pulse strength

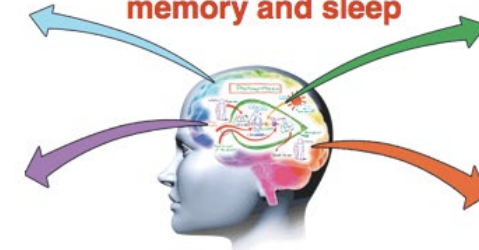


Controls sweat



In charge of happiness & joy

Houses the mind, mental activity, memory and sleep



HT Blood Deficiency

- Scanty periods, amenorrhea, infertility, post partum depression
- Treatment: Tonify blood and HT to re-establish harmony
 - HT7
 - BL15
 - CV15
 - CV14
 - ST36
 - SP6
 - BL17

HT Yin Deficiency

- Scanty periods, amenorrhea, infertility, post partum depression and sweating, menopausal symptoms
- Treatment: Nourish HT yin and clear the deficient type heat
 - HT7
 - HT6
 - BL15
 - CV15
 - SP6
 - KD6

HT Blood Stasis

- Symptoms: dysmenorrhea, retention of placenta, retention of lochia
- Treatment focuses to conduct blood downward
 - PC6
 - PC4
 - HT7
 - CV17
 - BL14
 - BL17
 - SP10
 - KD5 - invigorates blood in the chest

HT Fire and Blood Heat

- Women are prone to qi stagnation which can turn into fire affecting the Heart
- Heavy periods, flooding or trickling blood, and excessive vaginal discharge
- Heart blood heat occurs after conception and can cause mental restlessness and difficult birthing process
 - HT7-9
 - CV15
 - SP6
 - LU7-KD6
 - LI11
 - GV24
 - SP10