



Fundamentals of TCM Gynecology
&

The Treatment of Common Menstrual Diseases

Review Core Material

Core Basics Synopsis

- Production of Qi and Blood
- Control of Blood
- Female Physiology
- Normal Menarche & Menstruation
- Causes of Menstrual Diseases
- 3 causes of pathological bleeding
- Causes of pain
- Diagnosis

Review Material From Module 2

Painful Menstruation

- Tong Ze Bu Tong; Bu Tong Ze Tong*
- Obstruction of Qi, Blood, and Fluids
- Qi Stag, Blood Stasis, Cold Dampness/Phlegm

Profuse Menstruation

- heavy bleeding at the time of menstruation
- Flooding and Leaking***, bleeding outside normal time of menstruation
- Ye Tianshi 3 principles
- Always refer out to MD for full evaluation
- Never anything other than the 3 causes of bleeding in Chinese medicine

Scanty Menstruation

- on schedule but reduced volume
- 1-2 days in duration
- not bleeding enough
- can be normal if age-appropriate (mid-late 40s)
- Obstruction or Blood Vacuity
- Obstruction
 - Qi Stagnations
 - Blood Stasis
 - Phlegm/Dampness
- Blood Vacuity
 - Heart, Spleen, Kidney?
- Ask if they are on OCP

Module Three:

Disorders of Timing

Module Three Syllabus

- Early Menstruation/Diagnosis/Treatment
- Late Menstruation/Diagnosis/Treatment
- Erratic Menstruation/Diagnosis/Treatment
- Interactive Case Studies

“Regulating” the Menstrual Cycle

yùe tiáo/tiáo jing

- I prefer Sabine Wilms’ translation of *tiáo* as “attuning” rather than “regulating”
- The menses are a barometer for health

Early Menstruation

Menstruation Ahead of Schedule

Early Menstruation/ Menstruation Ahead of Schedule

- Generally must be a pattern for at least 2-3 months. Sources vary.
- 3-10 days ahead of normal schedule or every half-month. Sources vary.
- Know when it's not "Early Menstruation" according to Chinese medicine.
- This is bleeding when one should not and therefore, pathological bleeding.

Early Menstruation/ Menstruation Ahead of Schedule

- Most typical ages
 - late 30s and early 40s
- Common clinical progressions
 - over one or more years this may advance into delayed menstruation or erratic menstruation as a woman approaches menopause.
 - Also, because she is discharging more Blood over time, the focus needs to be conserving Yin, Blood and Fluids.

Early Menstruation/ Menstruation Ahead of Schedule

- First and foremost, revisit the 3 causes/
mechanisms of pathological bleeding first.

1. Qi Vacuity

2. Heat

3. Blood Stasis

Early Menstruation/ Menstruation Ahead of Schedule

- Causes of Qi vacuity

- 1.) Affect Damage

- 2.) Lack of Exercise/Overexercise

- 3.) Overindulgence in sweet, cold, or dampness engendering foods

- 4.) Taxation of Kidney Qi (Yang) vis a vis the Spleen due to long-standing bleeding and aging leading to failure to secure essence (more common in late 30s and 40s)

Early Menstruation/ Menstruation Ahead of Schedule

- Causes of Heat

- 1.) Replete (Excess) Heat

- Overindulgence in greasy, hot, spicy food
- Living in a hot environment
- Young, constitutionally robust

Early Menstruation/ Menstruation Ahead of Schedule

- Causes of Heat

2.) Depressive Heat

-Emotional Stress and frustration depresses the Liver. Since qi is yang and therefore warm, any collecting or accumulation of qi in one place will lead to heat.

Early Menstruation/ Menstruation Ahead of Schedule

- Causes of Heat

3.) Phlegm Heat

-“Stewing the juices” and eventual congelation
Spleen transforming fluids into dampness which
congeals into phlegm which then obstructs the
free flow of qi leading to accumulation or Qi
generating heat plus signs of phlegm.

Early Menstruation/ Menstruation Ahead of Schedule

- Causes of Heat

4.) Dampness

-Dampness from the Spleen can often combine with depressive heat from the Liver creating damp-heat and dampness being a Yin evil which heavy and turbid, pours down into the lower jiao.

Early Menstruation/ Menstruation Ahead of Schedule

- Causes of Heat

5.) Yin Vacuity

-Damage to Yin from excess or prolonged heat, overactivity, constitution, high stress, stimulants, drugs, lack of sleep, etc.

Early Menstruation/ Menstruation Ahead of Schedule

- Potential Formulas

- *Qing Jing San* (modified)
- *Si Wu Tang* (modified)
- *Xiao Yao San* (modified)
- *Xiao Chai Hu Tang* (modified)
- *Huang Lian Wen Dan Tang* (modified)
- *Er Chen Tang* (modified)
- *Gui Pi Tang* (modified)
- *Bu Zhong Yi Qi Tang* (modified)
- *Tao Hong Si Wu Tang* (modified)

Early Menstruation/ Menstruation Ahead of Schedule

- *Discussion, Prognosis, & Clinical Tips*
p. 168-174 (Book 2, Chapter 1)
- Case Study: p. 179

Late/Delayed Menstruation

Menstruation Behind Schedule

Late Menstruation/ Menstruation Behind Schedule

- First thing: Rule out pregnancy.
- Generally must be a pattern for at least 3 months
- 5-7 days late
- Delayed Menstruation is a *species of NOT bleeding when one SHOULD be.*

Late Menstruation/ Menstruation Behind Schedule

- Only 2 disease mechanisms potentially responsible:
 1. Blood Vacuity
 2. Obstruction

Late Menstruation/ Menstruation Behind Schedule

- Only 2 disease mechanisms potentially responsible:

1. Blood Vacuity

- Problems with Heart, Spleen, Kidney?
- Heat damaging Blood/Fluids?-
- Heavy and/or prolonged bleeding?
- Excessive sweating, vomiting or diarrhea?

Late Menstruation/ Menstruation Behind Schedule

- Only 2 disease mechanisms potentially responsible:

2. Obstruction

- Qi Stagnation
- Cold
- Phlegm/Damp
- Blood Stasis

Late Menstruation/ Menstruation Behind Schedule

- Potential Formulas (all modified or combined as necessary)
 - *Wen Jing Tang*
 - *Ren Shen Yang Ying Tang*
 - *Ba Zhen Tang*
 - *Liu Wei Di Huang Wan*
 - *Shao Fu Zhu Yu Tang*
 - *Dang Gui Si Ni Tang*
 - *Xiao Yao San*
 - *Xiao Chai Hu Tang + Si Wu Tang*
 - *Er Chen Tang*

Late Menstruation/ Menstruation Behind Schedule

- Clinical Tips & Prognosis p. 193-95

Late Menstruation/ Menstruation Behind Schedule

- Case Study p.207-8

Erratic Menstruation

Early, Late, No Fixed Schedule

Erratic Menstruation/ Early, Late, No Fixed Schedule

- No clear indication of when menses will arrive.
- 22 days, 35 days, 18 days, 55 days.
- Can't be 22, 25, 21 (early) and can't be 32, 38, 40, 35 (late)
- There is no FIXED schedule.

Erratic Menstruation/ Early, Late, No Fixed Schedule

- Not a typical complaint but part of a greater gestalt.
- More common in peri-menopausal women
- They may report “irregular” menses, so you must clarify what that means.

Erratic Menstruation/ Early, Late, No Fixed Schedule

- Pathomechanisms responsible are the same as those for Early Menstruation and Delayed Menstruation
- Have to look at 3 main organs:
 1. Liver
 - Coursing + discharge, stores the Blood
 2. Spleen
 - Engenders + contains the Blood
 3. Kidney
 - Pre-heaven source, moves + secures lower yin

Erratic Menstruation/ Early, Late, No Fixed Schedule

- Affect damage to the Liver and Spleen and chronic, enduring diseases damage the Kidneys. Damage to any or all can, and often does, lead to loss of “regulation” or “atunement” of the menstrual cycle.
- p.212 discussion
 - potential presentation doesn't mean guaranteed presentation. Follow the signs, lots of possibilities.

Erratic Menstruation/ Early, Late, No Fixed Schedule

- Potential Formulas

- Liver Depression-dominant?

- Xiao Yao San/Jia Wei XYS)*

- Spleen Vacuity-dominant?

- Ba Zhen San*

- Bu Zhong Yi Qi Tang*

Erratic Menstruation/ Early, Late, No Fixed Schedule

- Potential Formulas

Kidney Vacuity-dominant?

Er Xian Tang

Liu Wei Di Huang Wan/Zhi Bai Di Huang Wan

Ding Jing Tang

Blood Stasis?

- Blood quickening medicinals or formulas

- Dampness/Phlegm?

Er Chen Tang

San Ren Tang

Erratic Menstruation/ Early, Late, No Fixed Schedule

- Clinical Tips, Discussion & Prognosis
p. 221-222

Erratic Menstruation/ Early, Late, No Fixed Schedule

- Case Study p.231

Blocked Menstruation

Menstrual Block/No Menses

Blocked Menstruation

Menstrual Block/No Menstruation

- Blocked Menstruation=Amenorrhea
- Modern TCM recognizes primary and secondary amenorrhea, we may view it as KD
- NOT bleeding when one SHOULD, just like Delayed Menstruation.
- **Rule out pregnancy!

Blocked Menstruation

Menstrual Block/No Menstruation

- Often an evolution of Delayed and/or Scanty menstruation.
- Distinguish between natural (menopause) and pathological.

Blocked Menstruation

Menstrual Block/No Menstruation

- Etiology in the same as for *Delayed Menstruation*
 - Obstruction
 - Vacuity
 - additionally, heavy Blood loss or sweating from febrile disease may also lead to *delayed* or *blocked* menstruation.

Blocked Menstruation

Menstrual Block/No Menstruation

- Etiology

- Obstruction

- 1.) Cold Damp

- external or from undisciplined eating/drinking

- 2.) Qi Stagnation/Blood Stasis

- affect damage, iatrogenesis, enduring disease

- 3.) Phlegm Damp

- undisciplined eating, lack of exercise

Blocked Menstruation

Menstrual Block/No Menstruation

- Etiology

- Vacuity

- 1.) Blood Vacuity

- Three organs which engender Blood?

- Heart

- Spleen

- Kidney

Blocked Menstruation

Menstrual Block/No Menstruation

- Potential Formulas

- Obstruction

- *Wu Yao San* (Qi stag + Blood Stasis)
- *Xiao Yao San* (modified) (Qi + Blood Stasis)
- *Xue Fu* or *Ge Xia Zhu Yu Tang* (more Blood stasis)
- *Wen Jing Tang* (Cold, Damp, Stasis)
- *Shao Fu Zhu Yu Tang* (Cold, Stasis)
- *Hou Po Er Chen Tang* or *Si Wu Er Chen Tang* (Phlegm damp)

Blocked Menstruation

Menstrual Block/No Menstruation

- Potential Formulas

- Vacuity

- *Ren Shen Yang Rong (Ying) Tang*
 - *Shi Quan Da Bu Tang*
 - *Bu Zhong Yi Qi Tang*
 - *Gui Pi Tang*
 - Liu Wei Di Huang Wan
 - Zuo Gui Wan

Blocked Menstruation

Menstrual Block/No Menstruation

- Clinical Tips, Discussion & Prognosis
p. 343-46 (Book 2, Chapter 7)

Blocked Menstruation

Menstrual Block/No Menstruation

- Case Study p. 365

Class Re-cap

-Early Menstruation/Diagnosis/Treatment

-Why?

- 3 causes of pathological bleeding

- Qi vacuity, Heat, Blood Stasis

-Late Menstruation/Diagnosis/Treatment

-Why?

- something obstructing, not enough Blood

-Erratic Menstruation/Diagnosis/Treatment

-same reasons as the first two, depending on presentation.

-Blocked Menstruation/Diagnosis/Treatment

- Why?

-Same causes as Delayed Menstruation

For Next Week

- Reading:
 - Book 2, Chapter 9 “Menstrual Movement Diseases”
 - Book 2, Chapter 10 “Perimenopausal Syndrome”
- Homework:
 - *Exercise & Discussion Questions*: “Early Menstruation”
 - *Exercise & Discussion Questions*: “Delayed Menstruation”
 - *Exercise & Discussion Questions*: “Erratic Menstruation”
 - *Exercise & Discussion Questions*: “Blocked Menstruation”
- We will review these questions at the beginning of next class.