



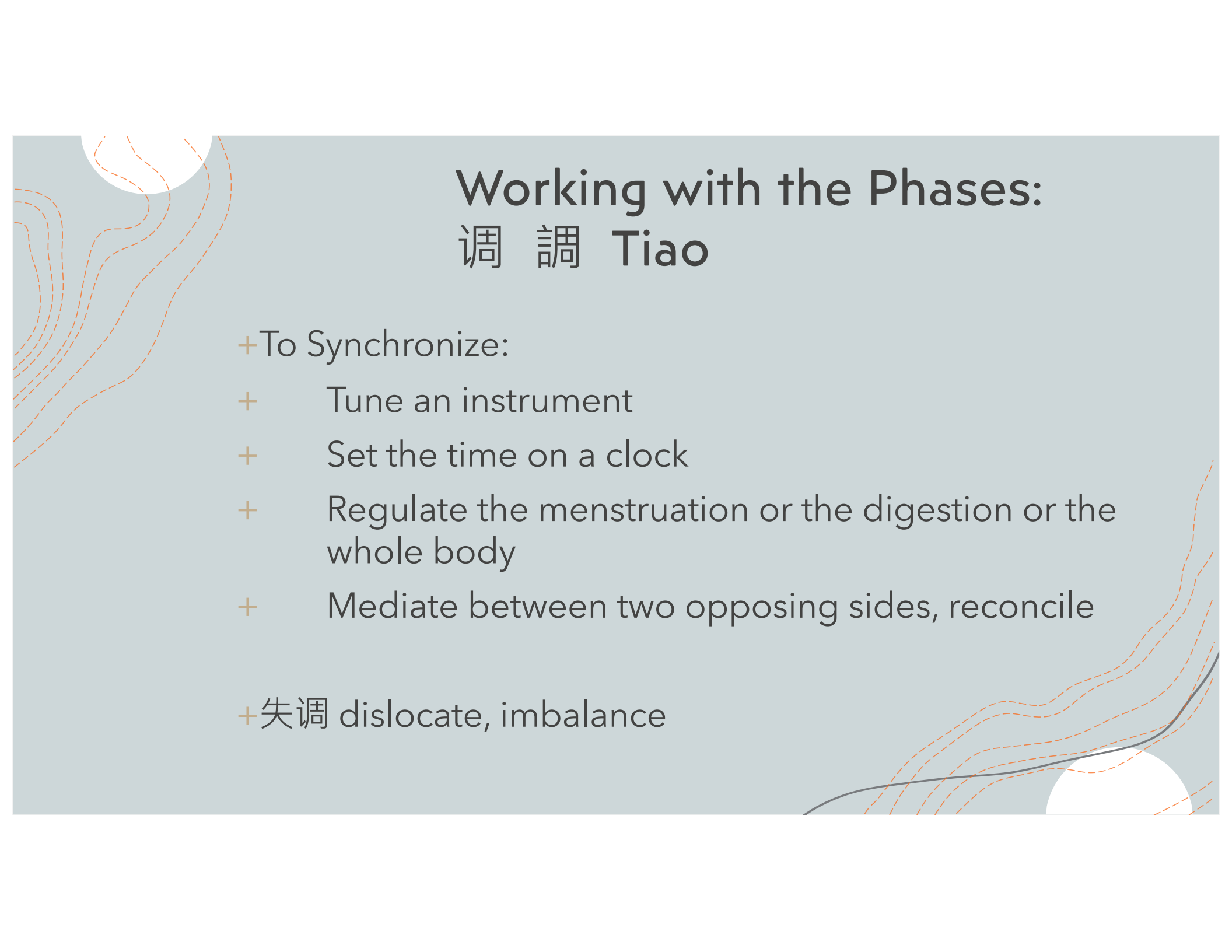
# Disease Approach to Chinese Herbal Medicine

## Uterine Bleeding Part 2



# What We Will Do Today

- + Phases in the treatment of bleeding
- + Stages in the treatment of bleeding



# Working with the Phases: 调 調 Tiao

- + To Synchronize:
  - + Tune an instrument
  - + Set the time on a clock
  - + Regulate the menstruation or the digestion or the whole body
  - + Mediate between two opposing sides, reconcile
- + 失调 dislocate, imbalance

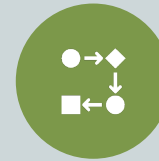
# When is the best time in a woman's cycle to do what?




This depends first on  
what is there.



We don't treat what  
isn't there.



So first see what is  
there and then use  
cycles to your  
advantage.

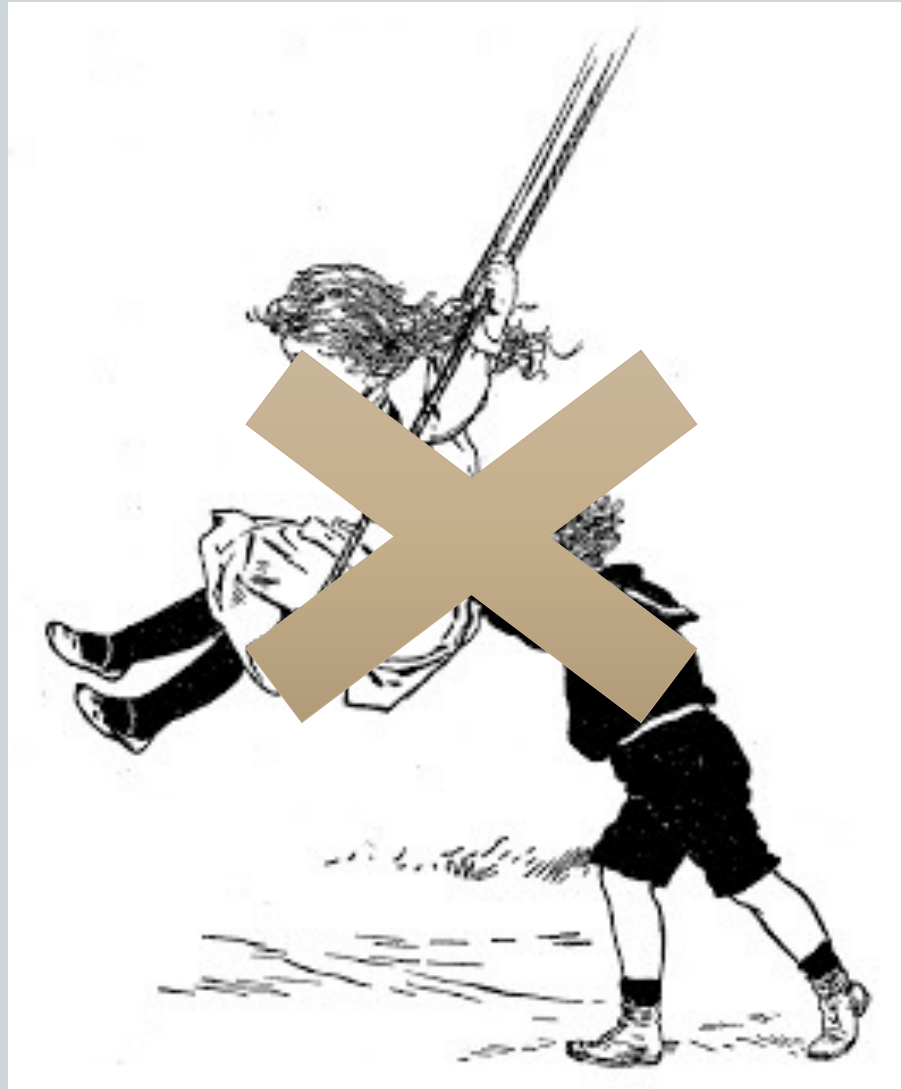


+ To synchronize the invisible flow inside that manifests as a menstrual period

+ 月經 moon *Jing*. Menstrual period as related to the moon, which controls the monthly tides.

调经-調經

月經



## Basal Body Temperature Charts

Always interpret the BBT findings in reference to your diagnosis. In other words, ask “How does my diagnosis explain these BBT readings”

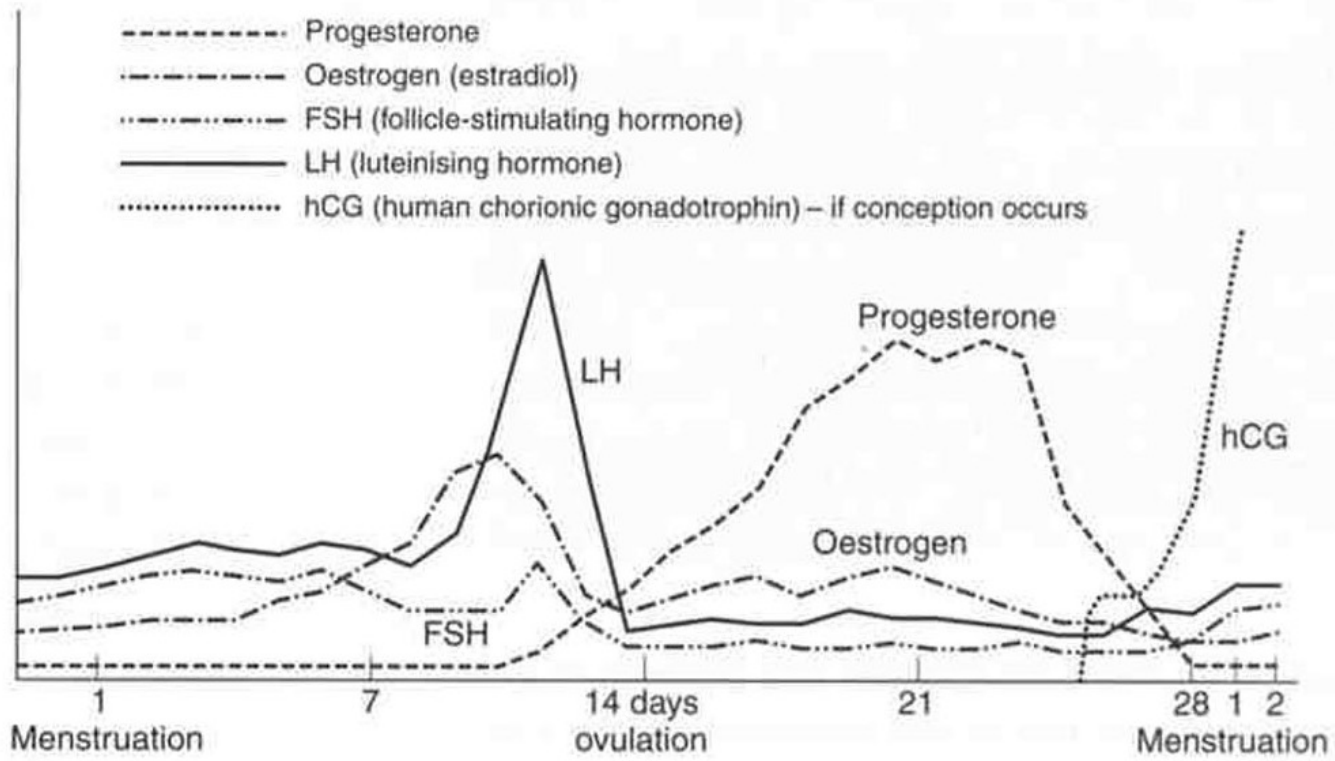
# Basal Body Temperature Charts

## ■ In Other Words.....

*Do not* use BBT readings to draw diagnostic conclusions that are not consistent with your Chinese medical diagnosis.

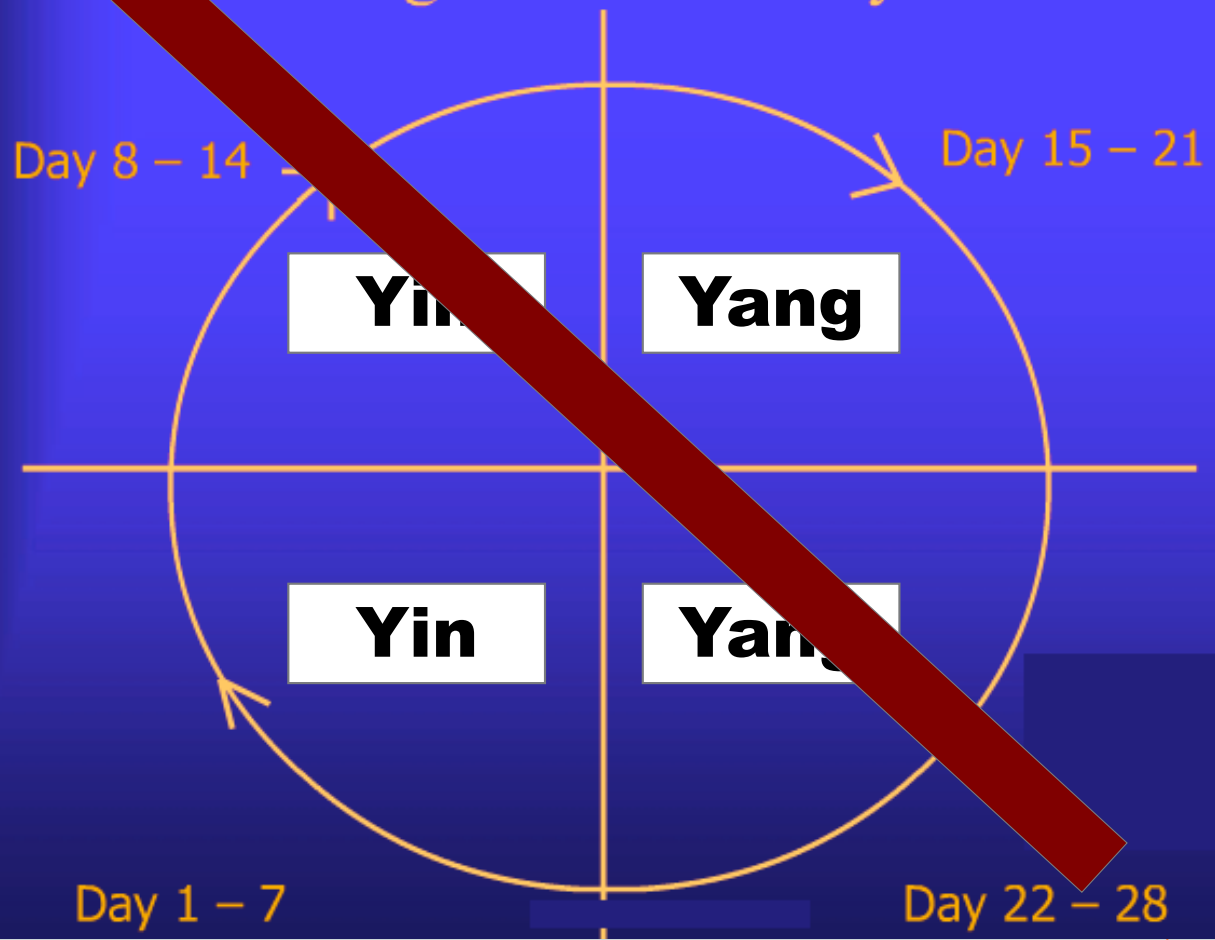


# Hormones



**Figure 2.8** Hormone levels during the menstrual cycle.

# Yin and Yang – Menstrual cycle



# Yin Yang Symbol: 太机图 Tracking the Yang

Maturation

Growth



Breaking down

Discharge

Storage



# Transitions

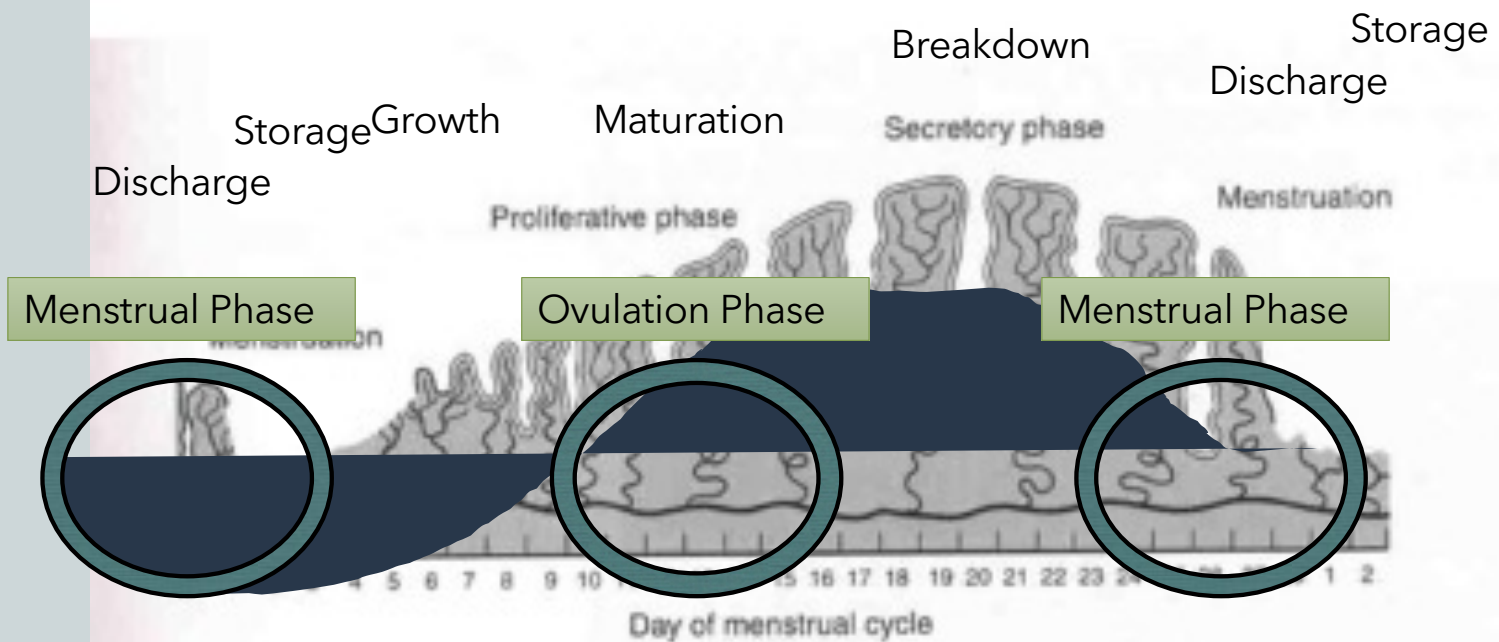


Figure 2.12 The endometrium is shed and then proliferates.

## Storage Phase

This is the phase in which the gates close so that there can be storage to benefit new life.  
This is the winter phase

Going into storage

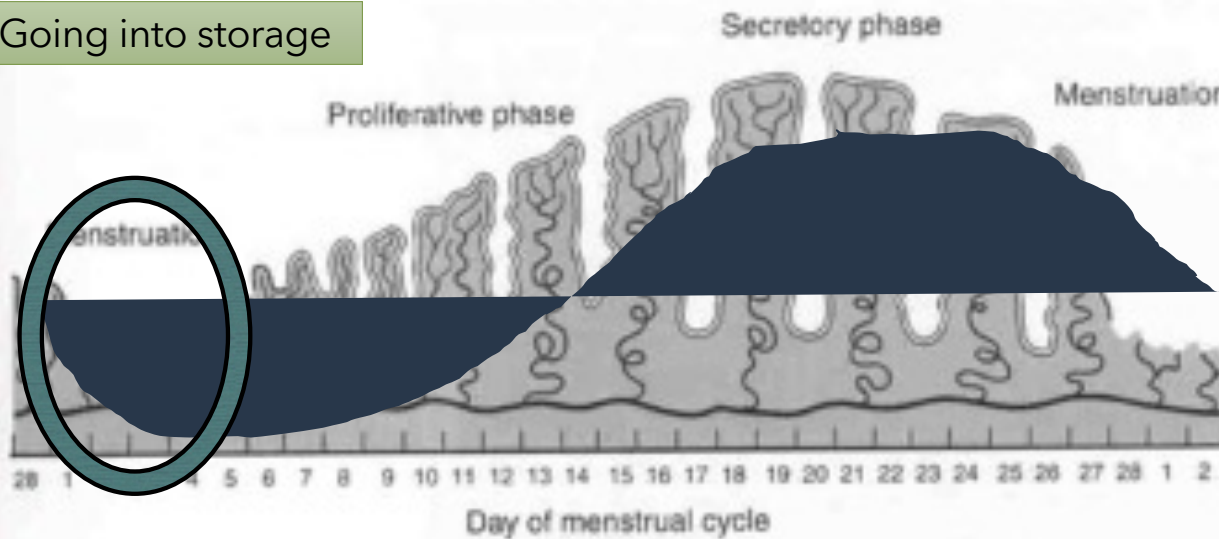


Figure 2.12 The endometrium is shed and then proliferates.

## Storage Phase

Deficiency can be defined as a failure to *Zang/Cang* store. If someone has been bleeding and there is deficiency, this is the time to close the gates and encourage storage.

Kidney, Spleen or Lung Qi deficiency  
Kidney Yang deficiency

Going into storage

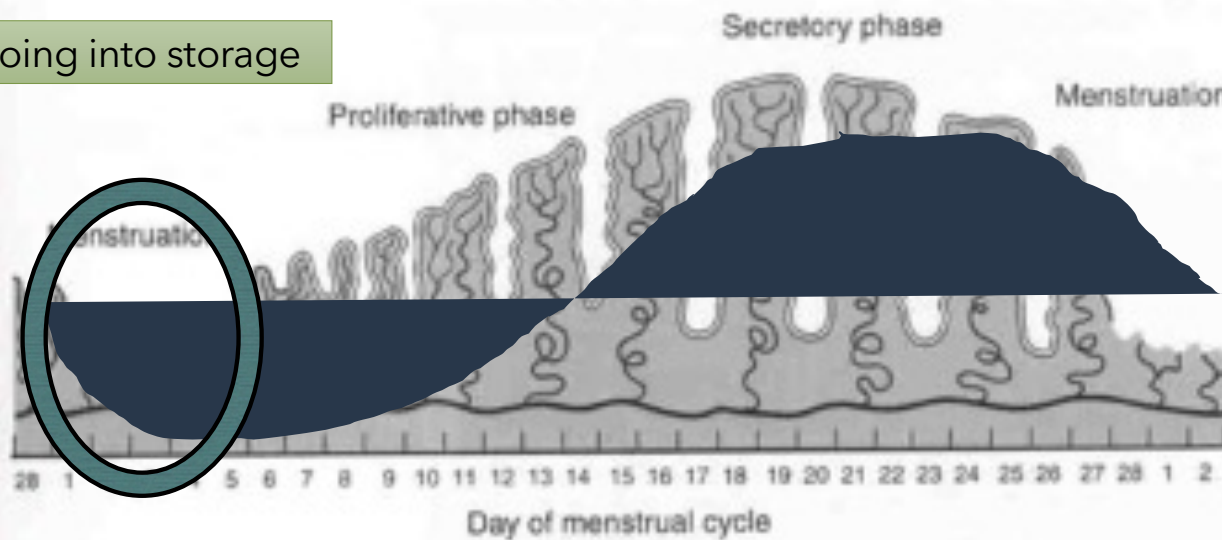


Figure 2.12 The endometrium is shed and then proliferates.

## Post Menstrual Phase

Xia: “There are two characteristics of this phase. One is the growth of Yin. The growing Yin has the function of nourishing the ova to assist their development and maturation, and the helping the growth of the endometrium, understood as the consolidation of the material foundation of the uterus. The other is the descent of Yang”

This is the phase in which Yang is deep in order to generate Yin, This is the growth birth of Yang.

Post menstrual  
Phase

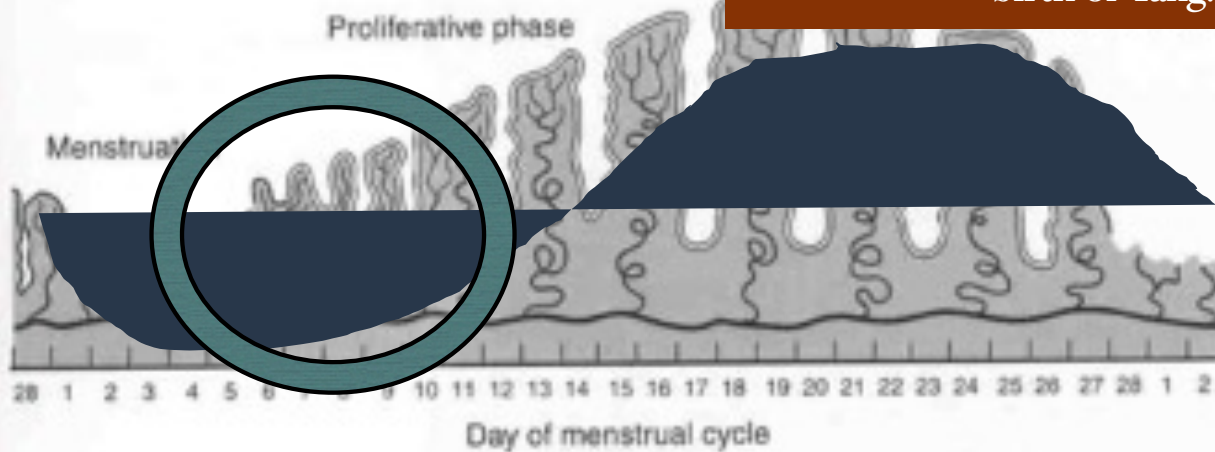


Figure 2.12 The endometrium is shed and then proliferates.

## Post Menstrual Phase

If there is blood deficiency or blood loss, this is a time to nourish blood, keeping in mind the root of blood in both the kidneys and spleen

Through the action of Yang generates Yin/Blood  
Yang has gestated within Yin, generating substance and is ready to rise. Like a cooking pot that has been heating and now comes to a steaming boil. This is the spring of the cycle. Proliferation begins

Post menstrual Phase

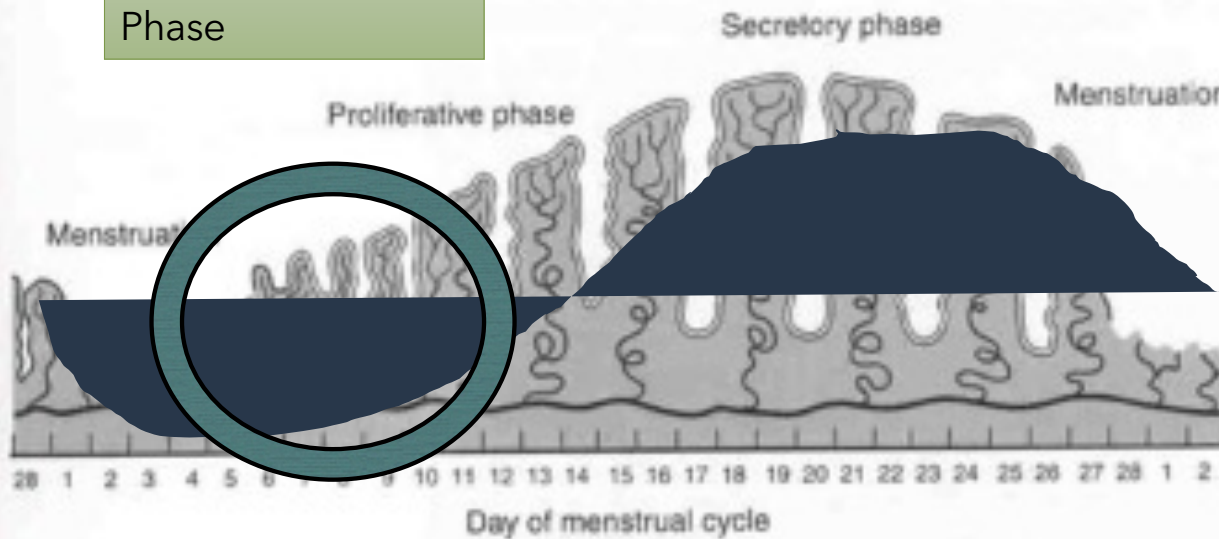


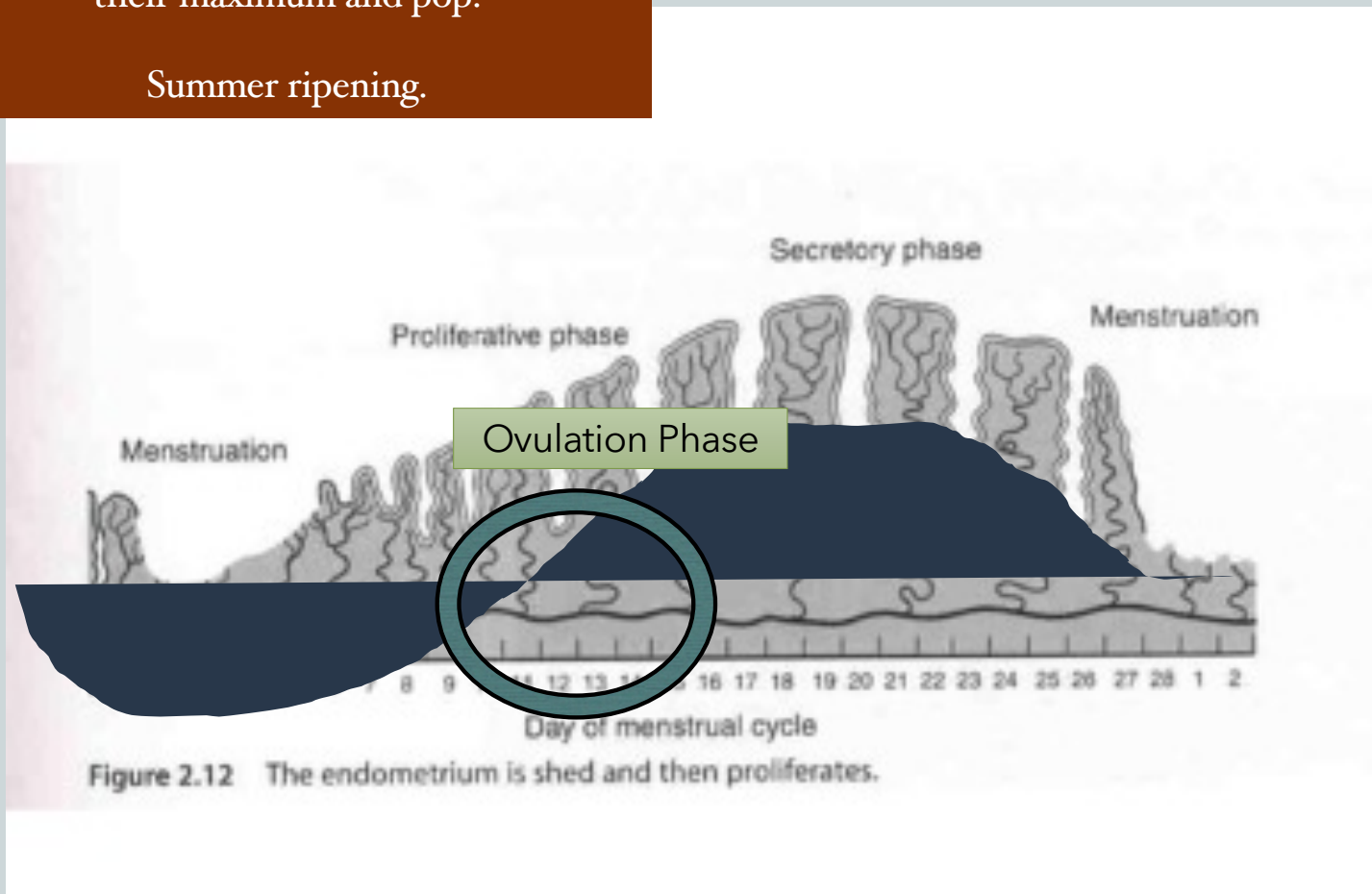
Figure 2.12 The endometrium is shed and then proliferates.



## Ovulation Phase

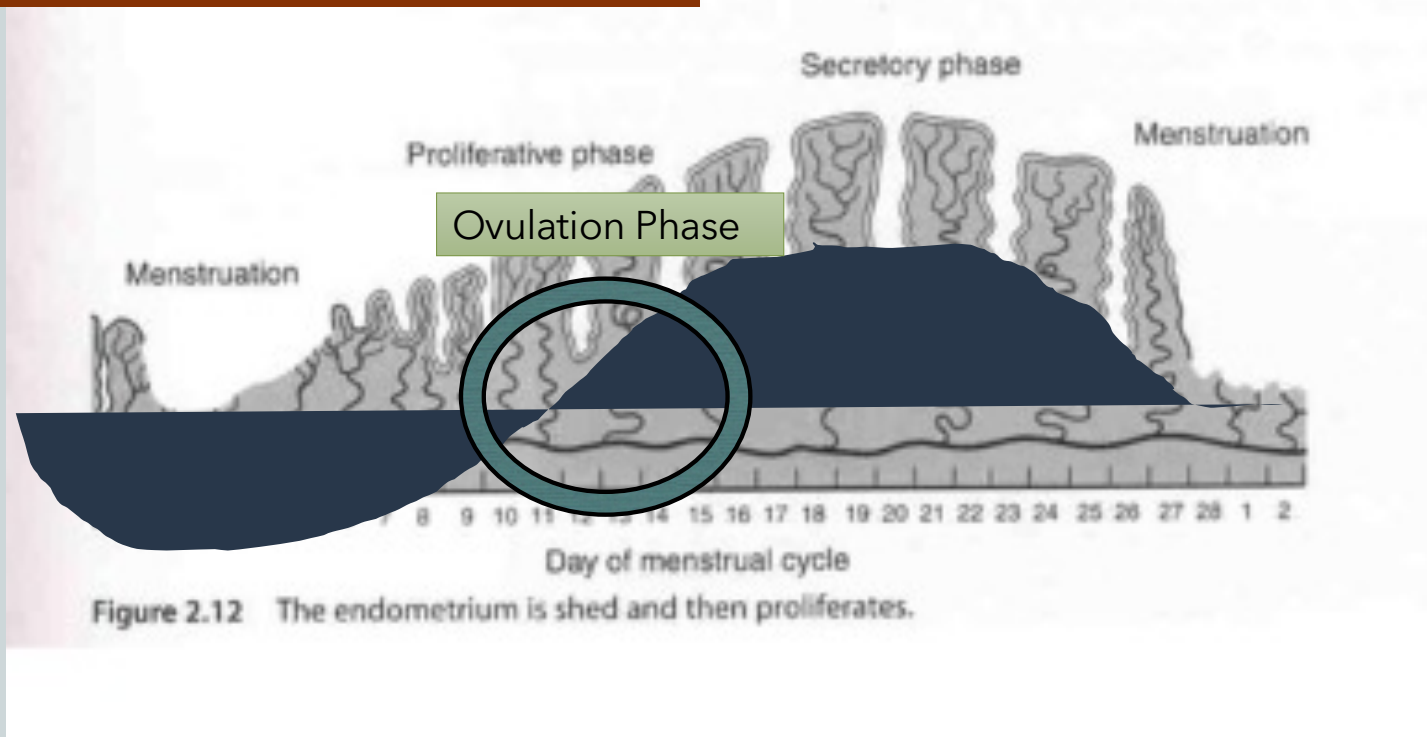
Yang and the Yin it has transformed reach their maximum and pop.

Summer ripening.



## Ovulation Phase

Xia: “In the ovulatory process the Qi and Blood activity is carried out in the lateral aspects of the lower abdomen, the ovaries and fallopian tubes, reflecting the upward going tendency”



## Premenstrual Phase

This is the phase in which Yang descends and Yin dissipates. Yang has fully penetrated the Yin, so that now there is evaporating, spreading and dissolving. This is autumn. This is like the rotting of fruit, the cooking of soup so the beans soften to mush.

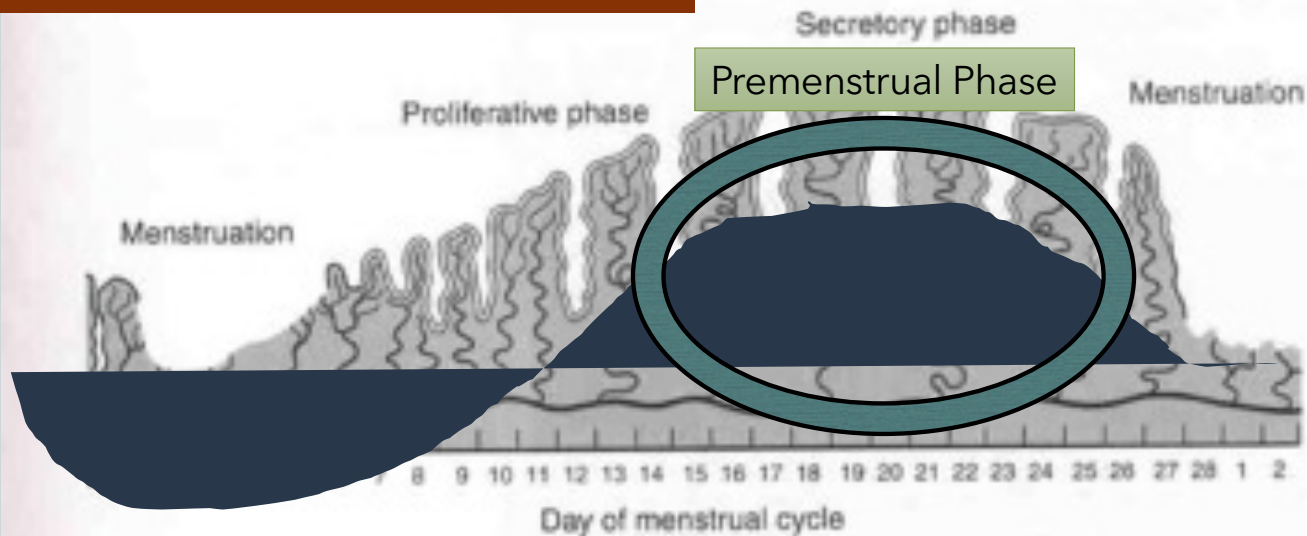


Figure 2.12 The endometrium is shed and then proliferates.

# What we want to do in the Premenstrual phase

- + Make sure Yang is dissipating the Yin, help to break down the endometrium
- + Make sure pathways for discharge are open

## Menstrual Phase

Yang is turning into storage so it discharges all that is not needed. We are left with seeds and leaves on the ground as we enter this season.

Pathways of discharge must be open to complete this phase.

Menstrual Phase

Menstrual Phase

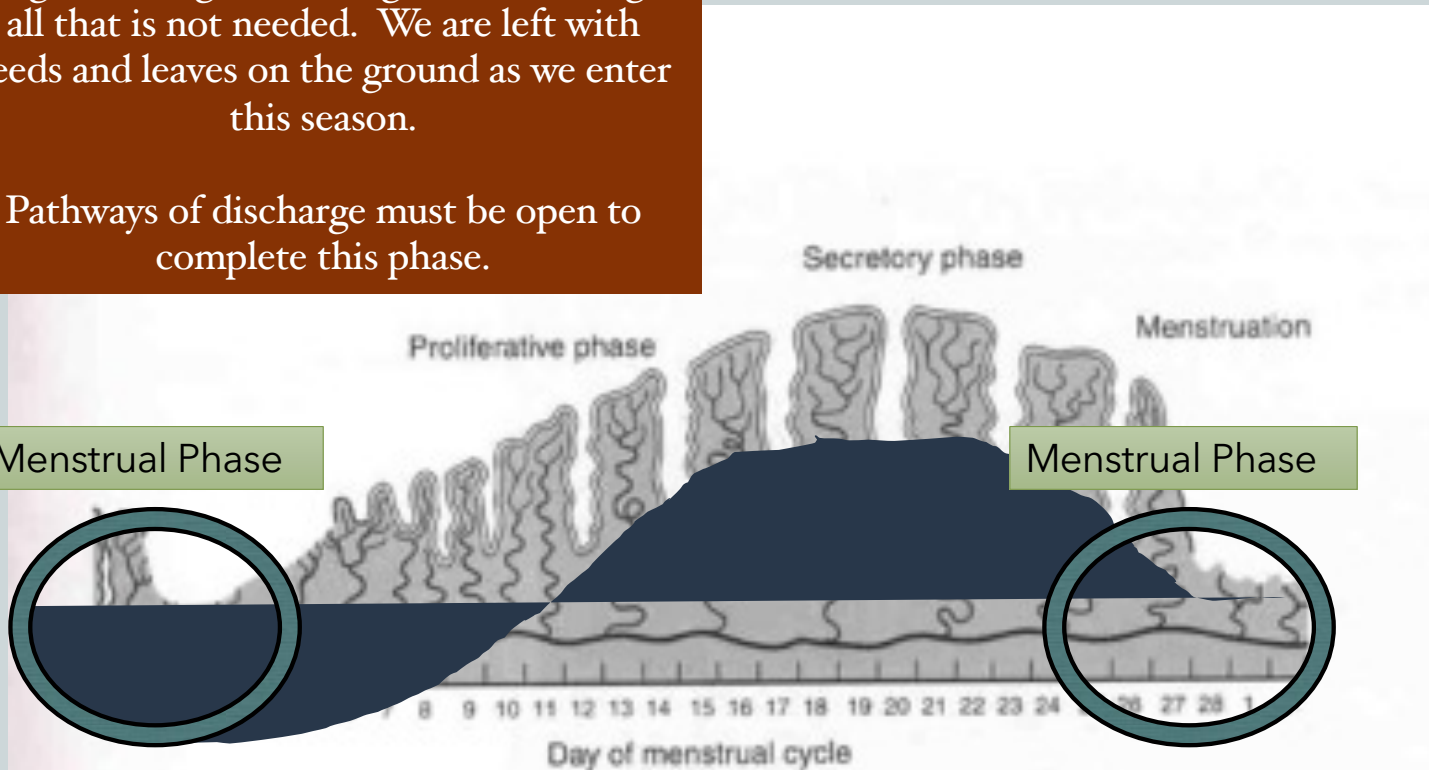
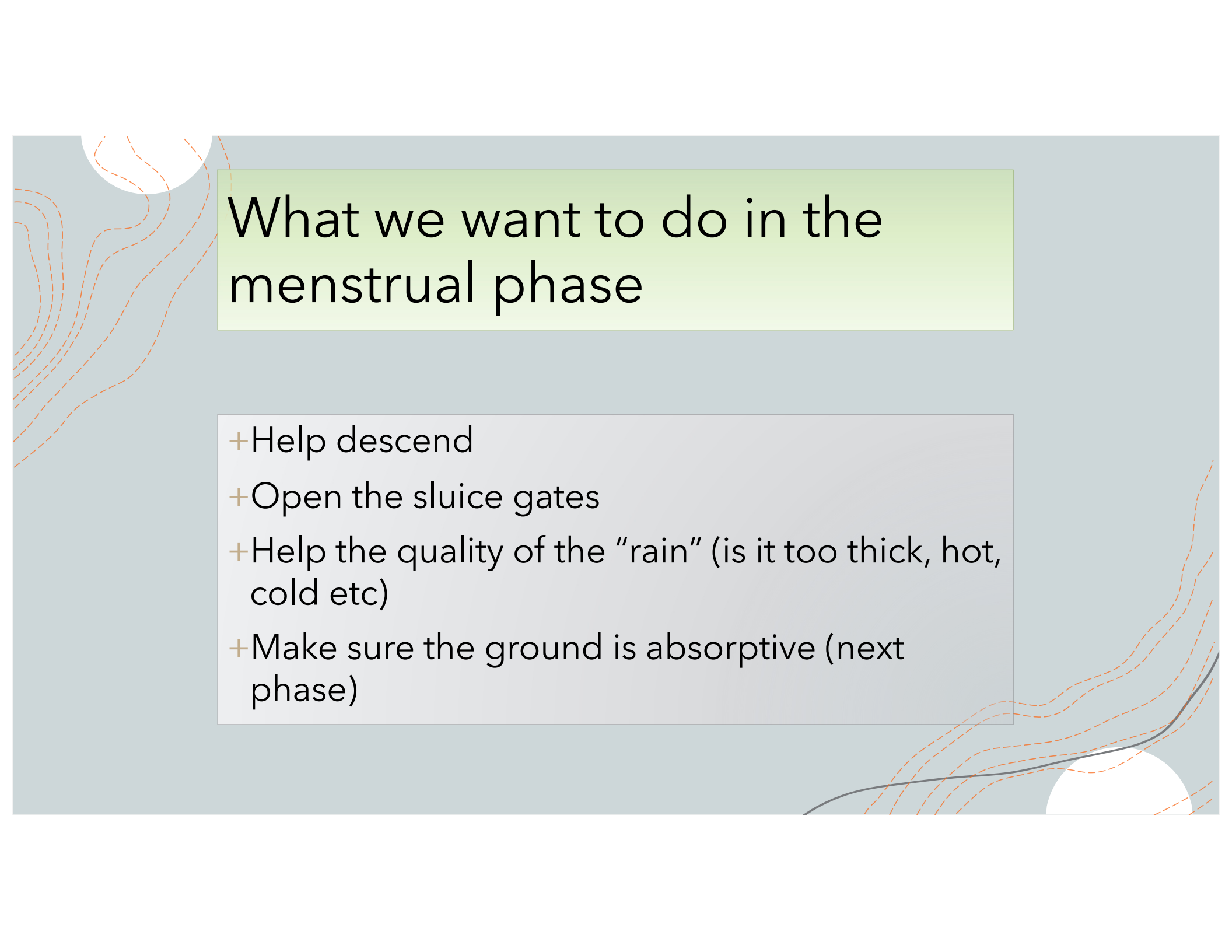


Figure 2.12 The endometrium is shed and then proliferates.



## What we want to do in the menstrual phase

- + Help descend
- + Open the sluice gates
- + Help the quality of the "rain" (is it too thick, hot, cold etc)
- + Make sure the ground is absorptive (next phase)

# Stages of Bleeding

*In the treatment of bleeding patterns it is extremely important to master the understanding of the various stages and to distinguish the various treatments, formulas and methods there with. Tang Rong-chuan put forward stopping bleeding, dispersing stasis, calming the blood and supplementing the blood as the four steps to take at the various stages. I have learned from experience the following.*

*When I am treating beng luo, I base the treatment on the stages elucidated by Yu Tang-dai. He wrote to pay attention to the following stages of the pathology:*

- + Staunching the flow
- + Settling the source
- + Returning health back to its original strength.

# First Stage of Bleeding

*+ During the time when a patient is bleeding it often comes with force and is acute. If one does not stop bleeding this will certainly lead to hemorrhage. The result could be collapse. Based on the principle "When acute treat the branch" one should stress stopping bleeding. This stopping bleeding represents the first stage.*



## Second Stage of Bleeding

+ *After the bleeding has stopped it is likely that there is residual stasis. When there is static blood, it is difficult for the new blood to safely abide. So, it is important to continue the treatment principle of dispelling static blood so that the static blood will be gone, and the new blood can return and abide to its normal place. This dispelling stasis represents the second stage.*

# Third Stage of Bleeding

- + *Now the bleeding has been stopped and the stasis dispelled but after a few days the bleeding resumes. Why? The reason is because the cause has not been eliminated. The network vessels are not quieted, and the blood not settled in the channels. One must investigate the causes to determine the treatment., for example, heat will require cooling, cold will require warming, excess will require draining. Following the correct diagnosis will result in settling the blood and incurring healing. This quieting the blood represents the third stage.*

## Fourth Stage of Bleeding

+ *After losing blood, the ying and blood will be vacuous. Although the disease cause has been eliminated, if the basic origin is not restored there is the worry that the cure is not really consolidated. Because of this one must regulate and supplement in the aftermath. Supplementing blood represents the fourth stage.*

# Case 1

Ms. Lu was forty-three years old and on March 11, 1973 she came in for her first visit. From the beginning of January last year, her menstruation became irregular, dripping without stopping. Her last menstruation flowed on December 12, 1972 and has dripped without stopping until now. The color of the menstuate is pale. The accompanying symptoms were dizziness, feeling of weakness, poor appetite, pasty thin bowel movements, and occasional dull pain in her lower legs, sensitivity to cold and a facial complexion that lacked luster. Her pulse was thin. The tongue body was pale red and the tongue coating was thin and white.

In her case, my diagnosis was simultaneously dual Spleen and Kidney depletion and Qi not restraining the Blood. The treatment should fortify the Spleen and boost the Kidney, supplement the Qi and restrain the Blood. Simultaneously I will gather up the Blood and stop bleeding.

I gave her 3 packs of the following prescription:

<i>Dang Shen Radix Codonopsis</i>	15 gm
<i>Zhu Ma Gen Tan Boehmeria Nivea Carbonistatum</i>	30 gm
<i>Zhi Huang Qi Radix Astragalus Prepatatum</i>	12 gm
<i>Gou Ji Tan Radix Cibot Carbonistatum</i>	12 gm
<i>Duan Mu Li Concha Ostrae Calcined</i>	30 gm
<i>Chi Shi Zhi Halloysitum Rubrum</i>	9 gm
<i>Duan Long Gu Os Draconis Calcined</i>	15 gm
<i>Jing Jie Tan Herba Schizonopetae Carbonistatum</i>	4.5 gm
<i>Ji Mu Tan Radix Loropetali Carbonistatum</i>	30 gm

# Case 1 cont

Second Visit: After taking the herbs, her menstrual dripping stopped. Her facial complexion had a little luster but her back still felt sore and her legs still felt weak. Her tongue and pulse were the same as on the first visit. I switched over to using seven packs of modified version of Gui Pi Tang Restore the Spleen Decoction:

<i>Hai Er Shen Radix Pseudostellariae</i>	15 gm
<i>Bai Zhu Rhizoma Atractylodis Macrocephalae</i>	4.5 gm
<i>Zhi Huang Qi Radix Astragalus Preparate</i>	12 gm
<i>Fu Ling Poria</i>	9 gm
<i>Yuan Zhi Radix Polygalae</i>	4.5 gm
<i>Chao Zao Ren Stir-fried Semen Ziziphi Spinosae</i>	9 gm
<i>Guang Mu Xiang Radix Aucklandia</i>	4.5 gm
<i>Zhi Xu Duan Processed Radix Dipsaci</i>	9 gm
<i>Zhi Gou Ji Processed Radix Cibot</i>	9 gm

After continuing to observe her for three months, her menstruation had returned to normal.

# Case 1 cont

## Editorial Comments:

*In this example of menstrual dripping without ceasing, the menstrual color was pale. Some of the accompanying symptoms were dizziness, weakness, low back soreness, thin pulse and pale red tongue. On the basis of the symptoms and the examination of the pulse my diagnosis was dual depletion of the Spleen and Kidney and Qi failing to restrain the Blood. The method of the first prescription should, therefore, fortify the Spleen, boost the Kidney, supplement the Qi, and restrain the blood while simultaneously stopping bleeding. I obtained a good effect by treating both the root cause and the symptoms simultaneously. In order to complete the cure, I used Gui Pi Tang Restore the Spleen Decoction continuously”.*

## Case 2

Ms. And dripping was 16 when she came for her first visit on June 14, 1973. She had begun to menstruate in January of this year. It began normally but on May 13 she flowed and did not stop. The bleeding became heavy and then there was sudden Flooding that did not cease. During her outpatient visit, her complexion was very pale white. She also was dizzy with palpitations, lower abdominal pain. This was followed by fainting spells. Her blood test showed 4% hemoglobin so she entered the hospital and was given 200 ml. of blood. Her pulse was soft and large and hollow. Her tongue moss was thin and the body was pale. This was a case of Qi not absorbing the blood with the danger of Yin and Yang separating. I used Shen Qi Jiao Ai Tang to supplement the Qi to absorb blood and urgently staunch the flow.

Chao Dang Shen	15
Zhi Huang Qi	30
E Jiao Zhu	12
Chen Ai Ye	1.2
Xian He Cao	30
Chen Zong Tan	12
Di Yu Tan	12
Duan Long Mu	30
Huang Qin Tan	4.5
Shan Zha Tan	12
San Qi Mo	1.5 (add as powder in decoction)
Xiang Fu Tan	6
3 packages	

## Case 2

+ *Second Visit: After taking the herbs the vaginal bleeding had clearly decreased. The color of the menstruate had become pale. The abdominal pain had cleared. She still had dizziness and palpitations. Her pulse had become moderate but with pressure still lacked strength. She had lost a lot of blood and her Qi and Yin were damaged. I continued with the original method taking out the Shan Zha and Xiang Fu and adding the following herbs:*

+ *Hong Zao*                      4 dates

+ *Fu Shen*                        12

+ *Shi Liu Pi*                      12

+ *6 packages*



## Case 2

*Third visit: The vaginal bleeding had stopped. She still had a small amount of pale yellow secretion, palpitations and her sleep was not good. Her facial complexion had become slightly rosy. Her pulse was thin and soft and the tongue moss was thin and white. I again decided to supplement the Qi, nourish the blood and consolidate and astringe:*

<i>Chao Dang Shen</i>	12	
<i>Zhi Huang Qi</i>		15
<i>Shan Yu Rou</i>		12
<i>Duan Long Mu</i>	30 each	
<i>E Jiao Zhu</i>	12	
<i>Shi Liu Pi</i>	12	
<i>Chao Zao Ren</i>	9	
<i>Jing Jie Tan</i>		4.5
<i>Hong Zao</i>	15	
<i>Bai Ji Mo</i>	1.5 (as a draft)	
<i>Zhi Yuan Zhi</i>		4.5
5 packages		

## Case 2

*Forth Visit: She had no vaginal bleeding. She still felt weakness in her limbs and her appetite was poor. Her pulse was thin and weak. Her tongue moss was thin and white and slightly greasy. I gave her the previous formula taking out the E Jiao and Jing Jie Tan. I added the following herbs:*

<i>Shen Qu</i>	9
<i>Gu Ya</i>	12

*Fifth visit: After taking the herbs to supplement her Qi and fortify her Spleen, the patient's condition improved. She wanted to leave the hospital. Her hemoglobin was now 7.5%. I continued to supplement both her Spleen and Stomach. I gave her herbs in a pill form to consolidate the treatment and advised her to take this outside the hospital to nurture her health.*

## Case 3

First Visit: March 21, 1977. Ms. Wang was 39 years old. After her marriage, she gave birth to one full term baby. Previously in both 1966 and 1967 she had had artificial abortions. Since after the second artificial abortion when she was given a contraceptive injection, her menstruation had become irregular, gradually reaching the point of dribbling without stopping. This condition had been lingering until now without recovery.

Ms. Wang underwent a gynecological exam that revealed that her cervix was lustrous and that the uterine body was more or less normal. The exam also showed that her uterus was retroverted and when it was moved she experienced pressure pain. When she moved, she felt a pressing down pain. Additional investigative reports were negative. After these exams she was diagnosed as having irregular menstruation and endometritis (?) She took many medicinals for treatment without any clear result.

Ms. Wang had dripped blood for nine years and her cycle was irregular. Her last menstruation was February 24, 1977. It was accompanied by low back soreness, dizziness and pasty, small bowel movements. Her pulse was wiry and fine. The body of her tongue was infused with purple. All of this related to Liver depression, Spleen vacuity, Qi stagnation and congealed Blood. The treatment principle was to course the Liver, fortify the Spleen, dispel coagulation, and generate the new. I gave her 5 packages of the following formula:

This question mark is in the original. It expresses that Dr. Qiu found this diagnosis questionable.

<i>Jiao Dong Zhu Scorched Rhizoma Atractylodes</i>	9 gm
<i>Chao Pu Huang Stir-fried Pollen Typhae</i>	9 gm
<i>Yi Mu Cao Herba Leonor us</i>	9 gm
<i>Chao Dang Gui Radix Angelica Sinensis</i>	9 gm
<i>Chai Hu Radix Butlery</i>	4.5 gm
<i>Bai Ji Li Fructose Tribuli</i>	9 gm
<i>Shan Zha Tan Fructus Crataegi Carbonistatum</i>	12 gm
<i>Da Mai Ya Fructus Hordei Germinatus</i>	12 gm
<i>Huai Mi Tan Flos Sophora Carbonistatum</i>	30 gm
<i>Chuan Xiong Rhizoma Ligustici</i>	2.4 gm
<i>Bo He Geng Herba Menthae (twigs)</i>	4.5 gm

## Case 3

+ Second Visit: March 28, 1977. After taking the herbs, Ms. Wang's menses flowed on March 24<sup>th</sup>. The flow was profuse. Her bowels were normal and the back pain had been better. Her pulse was thin. The tongue body was red and moist. At this point, the treatment should involve the use of a formula to consolidate and astringent in order to guard against menstrual dripping. I gave her 5 packages of the following formula:

+ Duan Mu Li Calcined Concha Ostrea	30gm
+ Hai Er Shen Radix Pseudostellaria	30 gm
+ Duan Niu Jiao Calcined Cervi Bovis	30 gm
+ Xu Duan Tan Radix Dipsacis Carbonistatum	9 gm
+ Gou Ji Tan Rhizoma Cibot Carbonistatum	9 gm
+ Chi Shi Zhi Halloysitum Rubrum	9 gm
+ Bu Gu Zhi Fructus Psoraleae	9 gm
+ Chen Shan Zhu Rou Fructus Cornus	12 gm
+ Bai Ji Mo Rhizoma Bletilla (tips)	4.5 gm
+ Duan Long Gu Calcined Os Draconis	15 gm

*Third Visit: April 4, 1977. After taking this prescription, her menses cleared on April 1 without any dripping. Yet, she still feels weak, has a poor appetite, profuse discharge and a wan yellowish complexion. Her pulse was thin and her tongue coating was thin. Again I fortified her Spleen, consolidated and astringed.*

<i>Jiao Dong Zhu Scorched Rhizoma Atractylodes Macrocephalae</i>	<i>9 gm</i>
<i>Bu Gu Zhi Fructus Psoraleae</i>	<i>9 gm</i>
<i>Wei He Zi Roasted Fructus Chebulae</i>	<i>9 gm</i>
<i>Xu Duan Tan Radix Dipsacis Carbonistatum</i>	<i>9 gm</i>
<i>Gou Ji Tan Rhizoma Cibot Carbonistatum</i>	<i>9 gm</i>
<i>Chi Shi Zhi Halloysitum Rubrum</i>	<i>9 gm</i>
<i>Chao Gu Ya Stirfried Aristae Germinatis</i>	<i>12 gm</i>
<i>Huai Mi Tan Flos Sophora Carbonistatum</i>	<i>30 gm</i>
<i>Duan Long Gu Calcined Os Draconis</i>	<i>30 gm</i>
<i>Duan Mu Li Calcined Concha Ostrea</i>	<i>30 gm</i>
<i>Bai Ji Mo Rhizoma Bletilla (tips)</i>	<i>4.5gm</i>

## Case 3

*After this, before her menses, I treated her by coursing her Liver, fortifying her Spleen, dispelling coagulation and generating the new. During or after menses I used the method of fortifying her Spleen, consolidating and astringing. I continued this protocol for more than three months and her menstruation was restored to normal.*



Thank You

