

# Disease Approach to Chinese Herbal Medicine

## Uterine Bleeding Part 1

# What We Will Do Today

- + What is Bleeding?
- + Blood Color and Texture and Bleeding
- + The causes of bleeding and what I have found to be the most common causes.
  - + Qi Deficiency
  - + Heat
  - + Blood Stasis
- + Fibroids and Bleeding

# What is Bleeding?

- + The most important factor to see is that blood is coming out when or in greater quantity than it should.
- + When you see bleeding, at first, just see it as "blood coming out when it shouldn't."
- + This could be any of the following:

Spotting

Prolonged menstruation

Heavy menstruation (menorrhagia)

Heavy bleeding outside of menstruation (metrorrhagia)

Midcycle bleeding

Early menstruation

Post menopausal bleeding

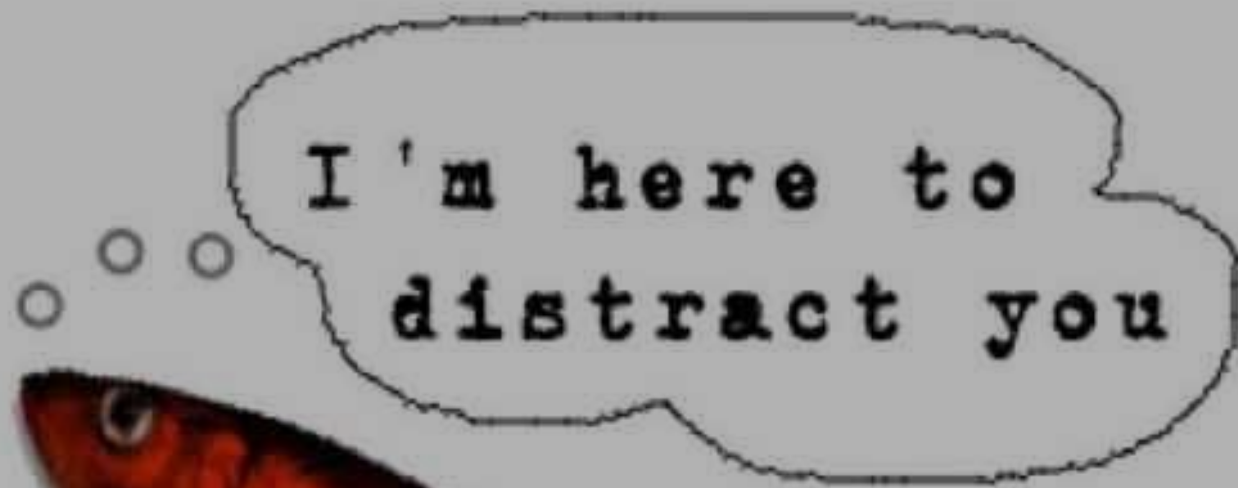
Bleeding with fibroids

Bleeding in pregnancy

Beng Lou

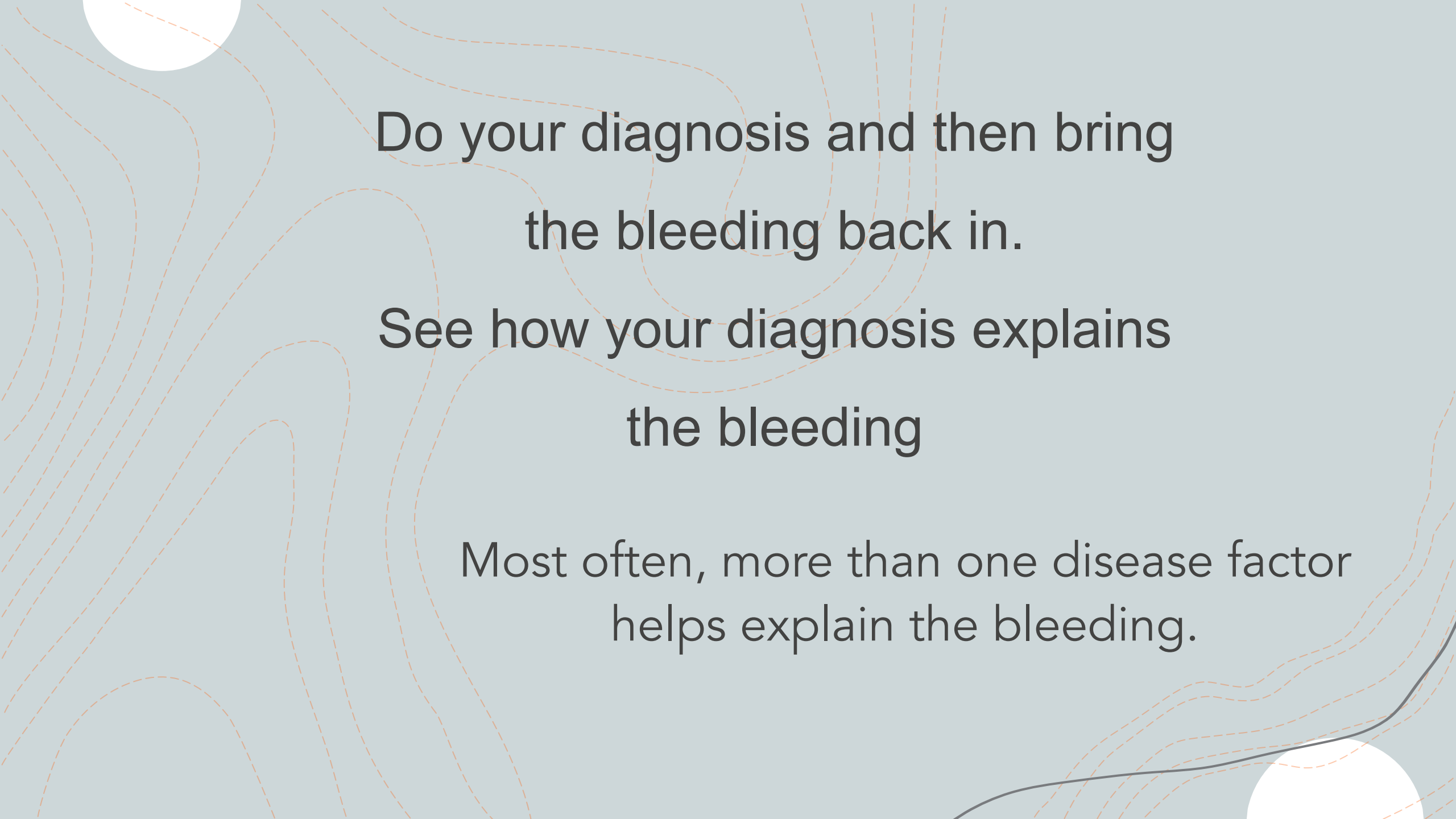
# What about Irregular Menstruation?

- + If you see early and late menstruation, or scanty early menstruation, or late profuse menstruation....etc., then you see blood coming out that shouldn't be AND blood not coming out when it should.
- + See both of these, as they are and then your diagnosis can explain both.
- + For example: If you see a blood stasis pattern or a kidney Qi deficiency pattern, this can explain both bleeding and not bleeding.



# At First, Forget about the Bleeding

The biggest red herring is the disease or main complaint.



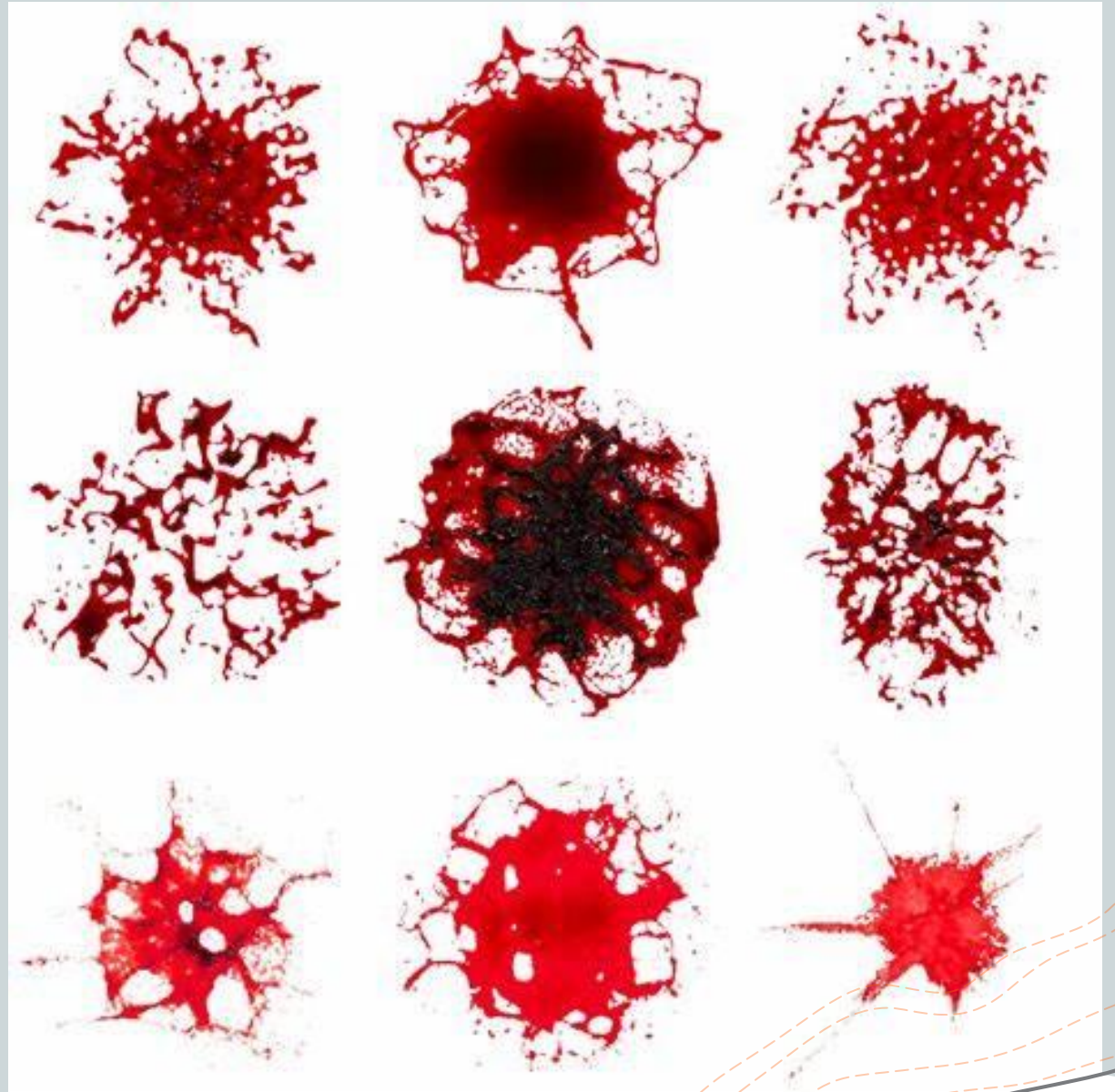
Do your diagnosis and then bring  
the bleeding back in.

See how your diagnosis explains  
the bleeding

Most often, more than one disease factor  
helps explain the bleeding.

# Color and Texture of the Blood as Diagnostic Information

It tells you less than you  
think.....



# Color and texture of the blood and the pulse for TCM diagnosis



Pale Red & dilute texture  
Spleen deficiency;  
Qi deficiency



Light Red & normal texture  
Blood deficiency



Bright Red & thick texture  
Kidney deficiency;  
Heat due to deficiency



Crimson Red & thick texture  
Excessive heat



Dark Red with clots  
Blood stagnation;  
Excessive Cold



Purple-red with clots  
Liver Qi stagnation;  
Qi stagnation



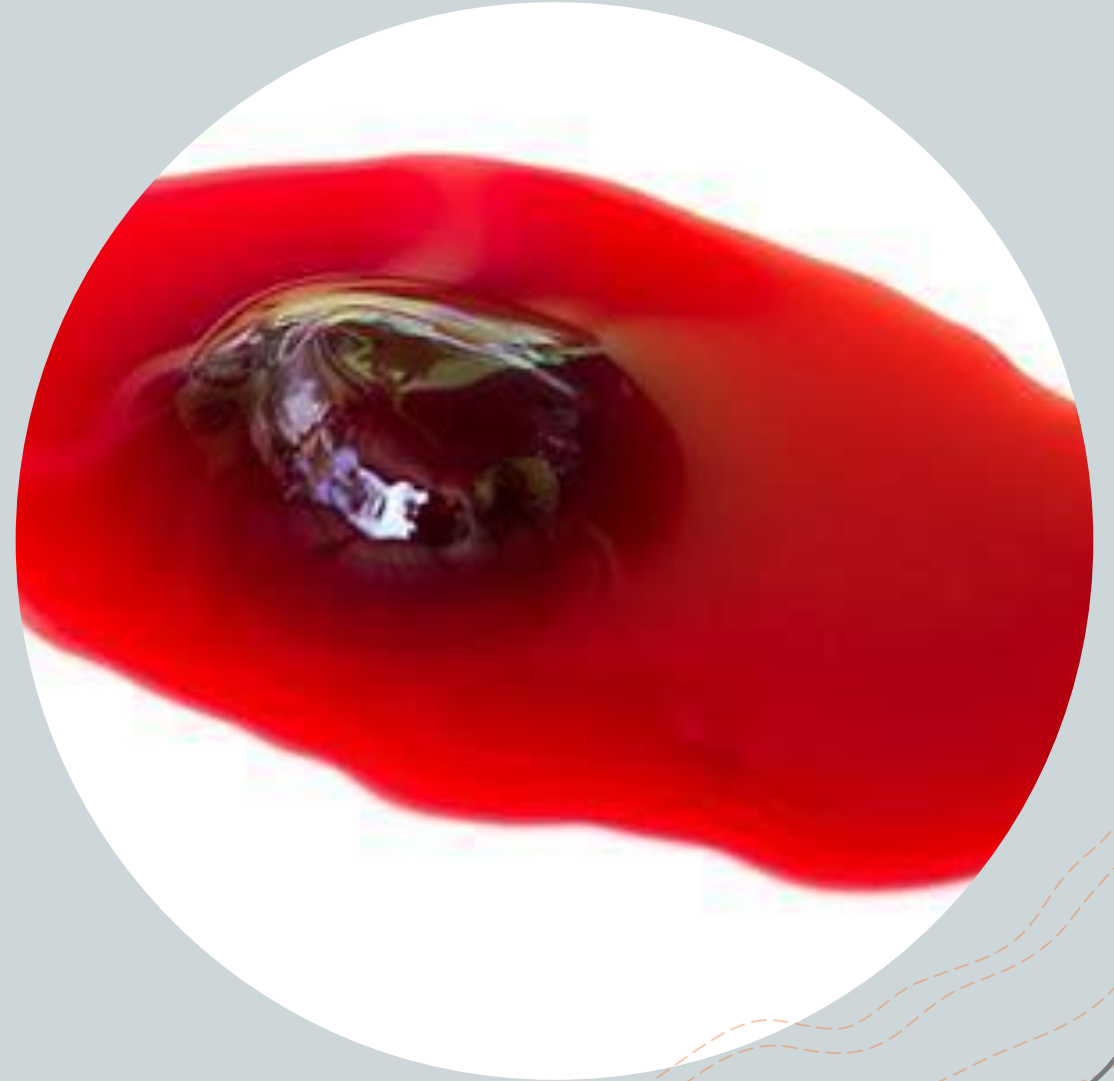
Dark red with clots  
Blood deficiency due to deficiency



## Normal Clots

When blood leaves vessels, whether inside the body or out, it begins to coagulate. There is often a lag time between blood leaving vessels and blood exiting the body. During this time clots can form.

Some small, dime or nickel-sized clots, that are soft, are normal. They may be dark because blood darkens as it coagulates.



## Large, soft, painless clots with heavy bleeding

When a woman has heavy bleeding, it is common that some very large, soft, painless clots slip out. These clots are due to gushing that happens within the uterus that then sits before coming out. They are seen coming out when a woman sits on the toilet or gets up from sitting for a while. This congealed blood is created post bleeding and should not lead the practitioner to a diagnosis of blood stasis, simply because there is a clot.



# Membranous Clots

+Membranous clots are thick and often hard. They can be meat-like or sinewy like a fingernail, pale or dark. Sometimes they are quite stinky.





# Causes of Bleeding

- + Qi deficiency
  - + Spleen Qi deficiency
  - + Kidney Qi deficiency
- + Heat
  - + Full Heat
  - + Empty Heat
- + Congealed Blood