

# Integrative Woman's Health Course

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# Prolonged Menstrual Flow

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經期延長



# Clinical Case #6

## Dr. Zhu, Nan Sun 朱南孫

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49 yo, married, prolonged menstruation for 2 years.

Most regular periods 5-6/30, medium amount, clots. Since beginning of the year, patient has experienced many cycles of prolonged period flow. OBGYN advised D&C followed by estrogen and progesterone cyclical usage, but did not work well.

She exhibits insomnia, anxiety, head pressure, recently her menstruation again lasted 10 days and through ultrasound, her uterine lining was very thick (12 mm). Her tongue is slightly red, coating thin yellow greasy, pulse wiry thready.

TCM Diagnosis: Prolonged Menstruation; WM Diagnosis: AUB



# Definition

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With menstrual cycle normal, the days of menstrual flow increased to beyond 7 days to 14 days

Hypermenorrhea or menorrhagia is still the western medicine definition even though here indicates a prolonged menstruation time regardless the quantity of the flow



# Possible conditions

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Corpus luteum dysfunction

PID

D&C

Ovulatory dysfunction



# Etiology

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Qi Deficiency (Qi Xu) 氣虛

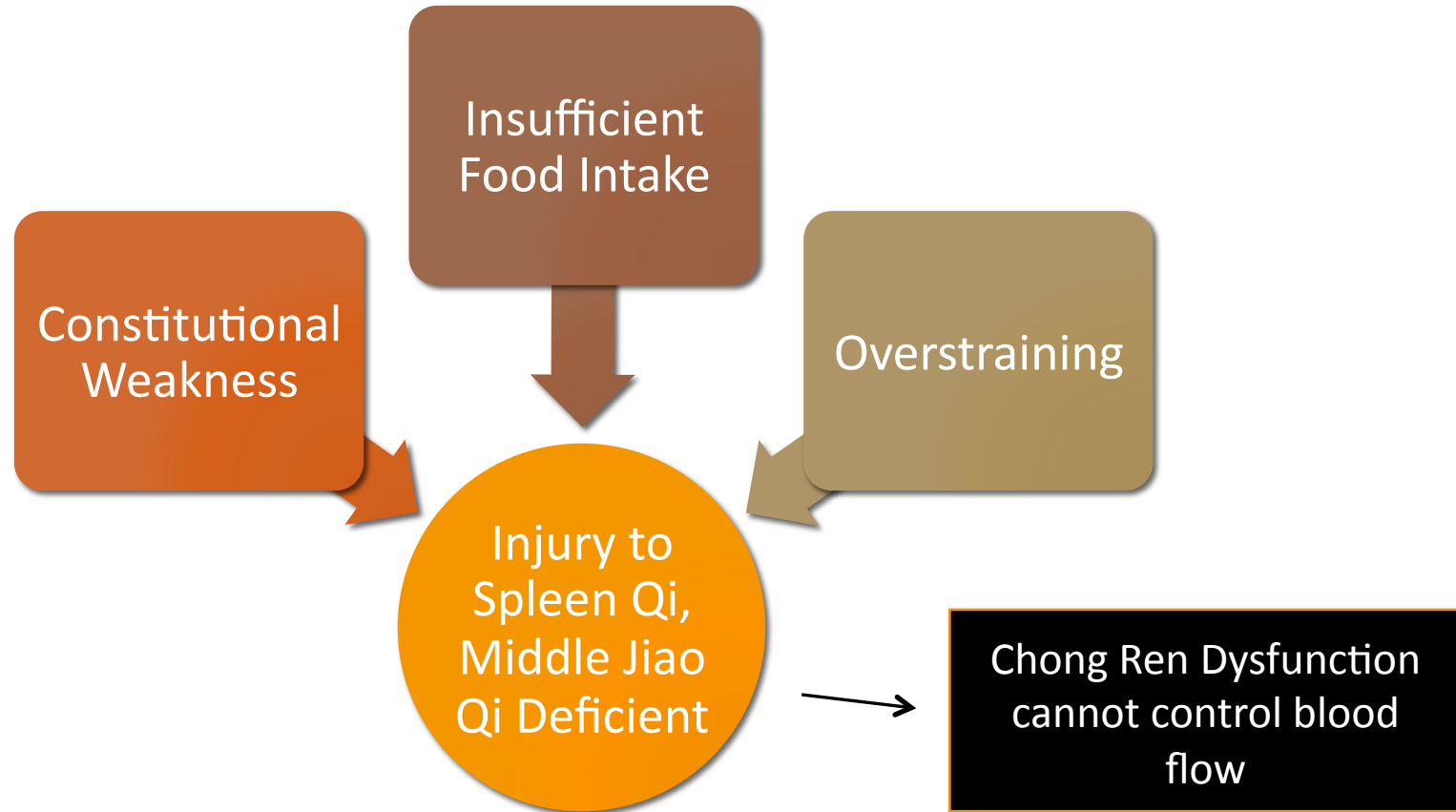
Deficient Heat (Xu Re) 虛熱

Blood Stagnation (Xue Yu) 血瘀



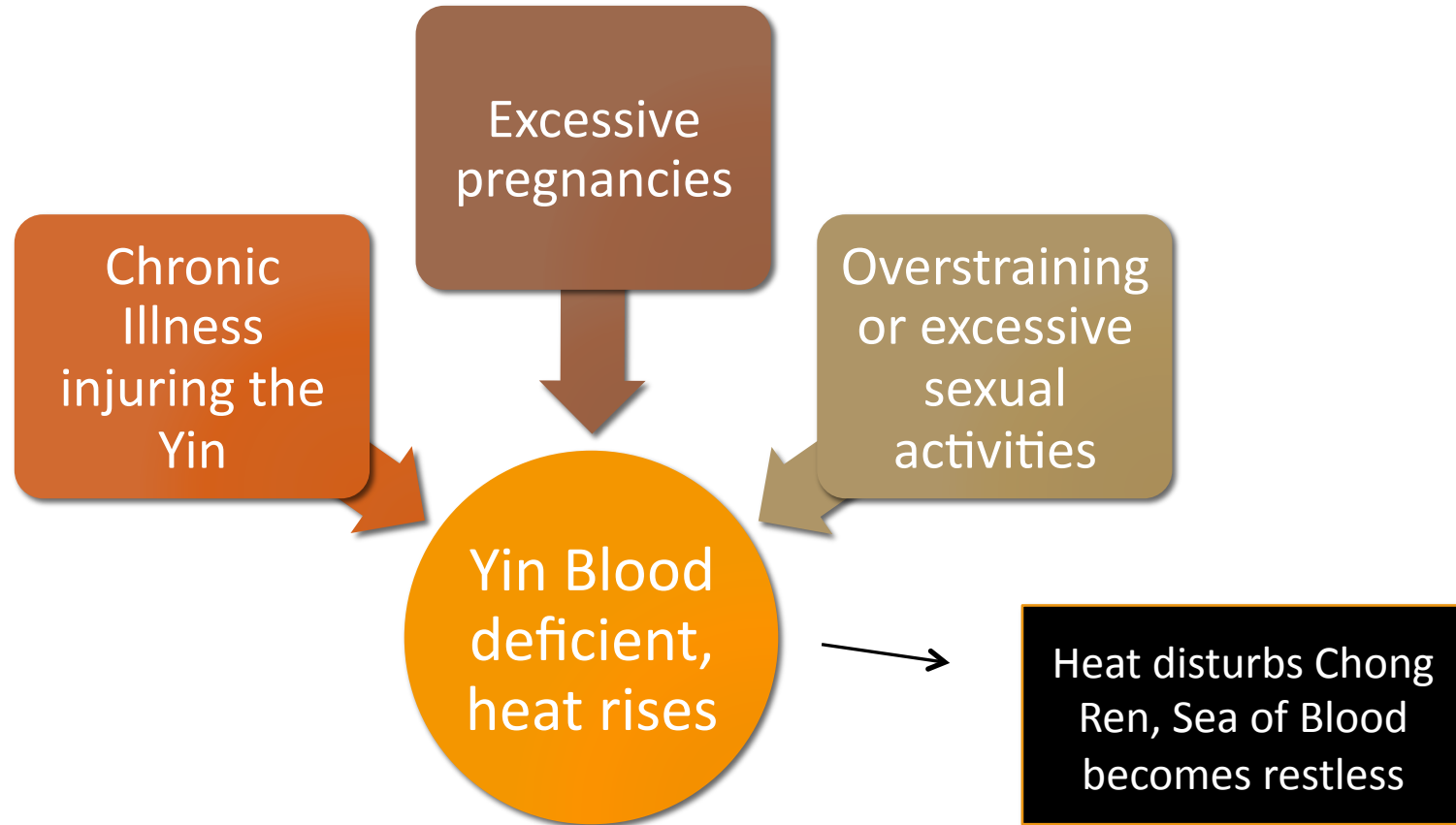
# Etiology – Qi Deficiency

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# Etiology – Deficient Heat

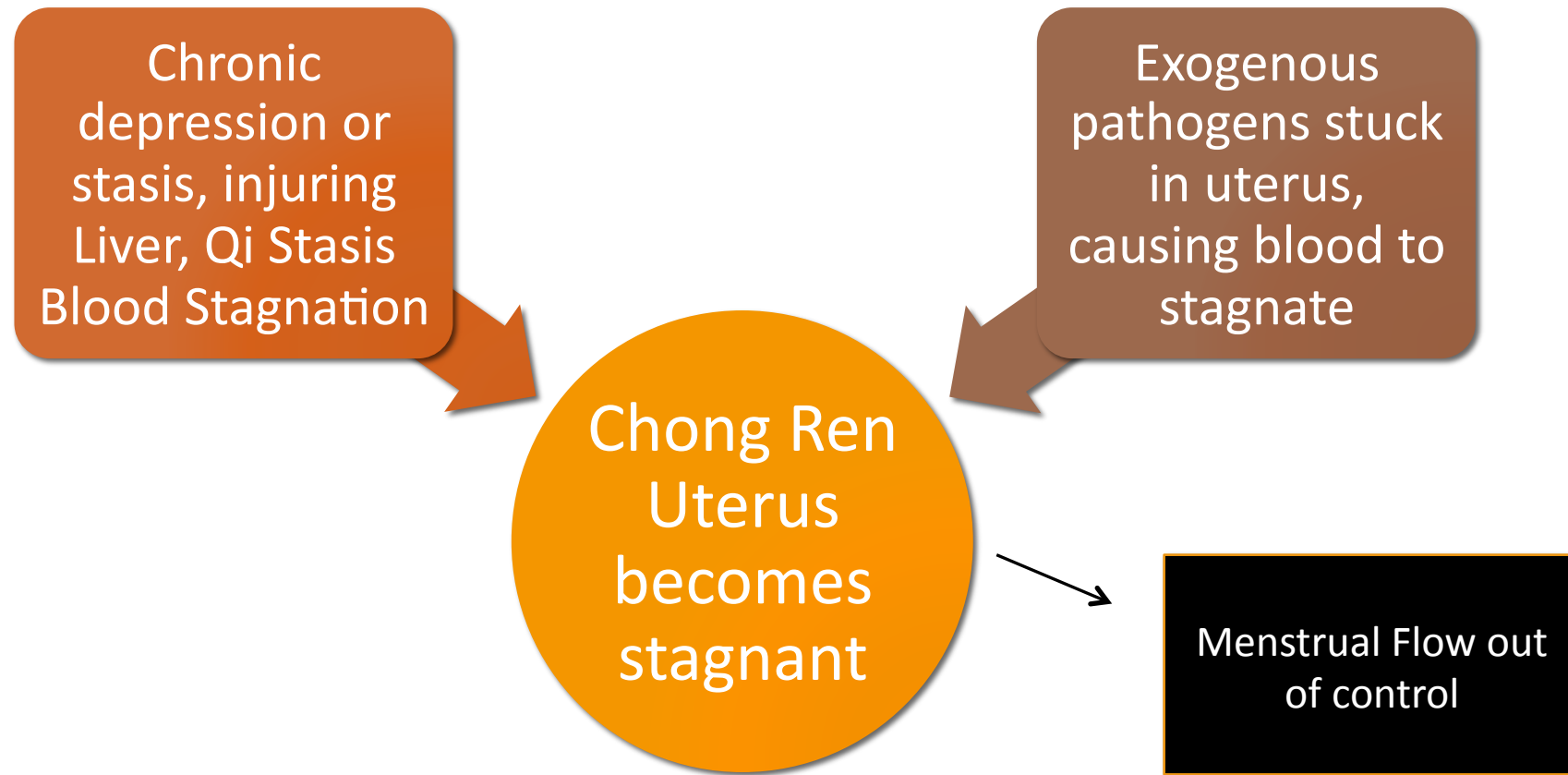
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# Etiology – Blood Stagnation

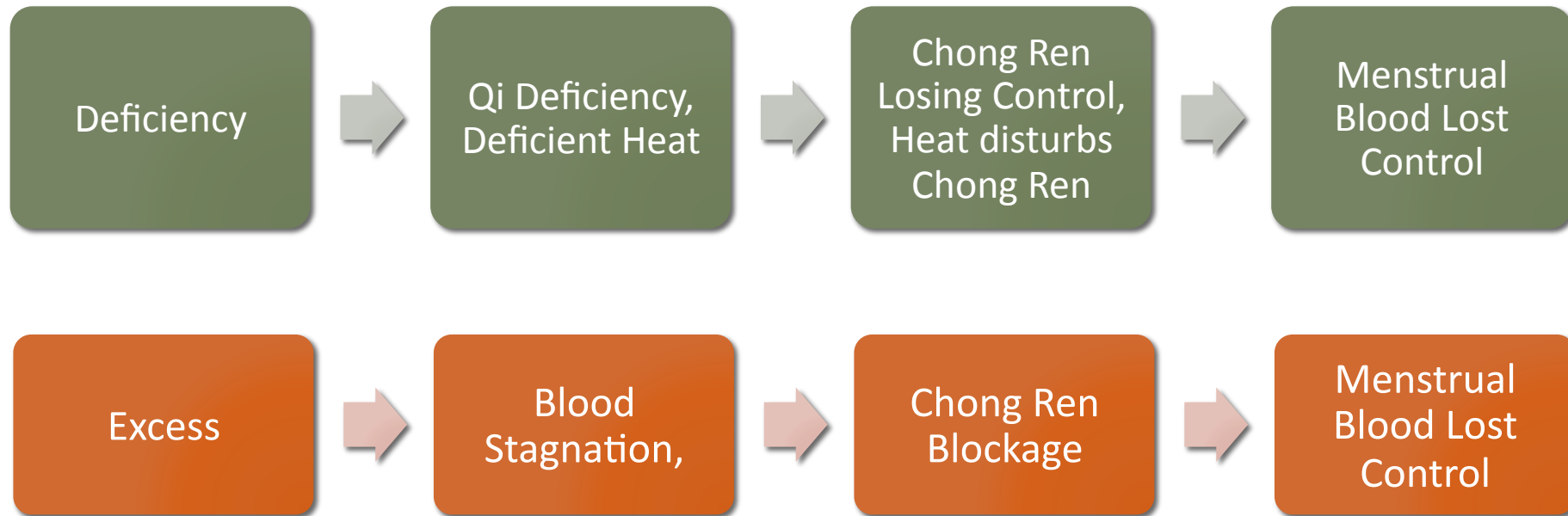
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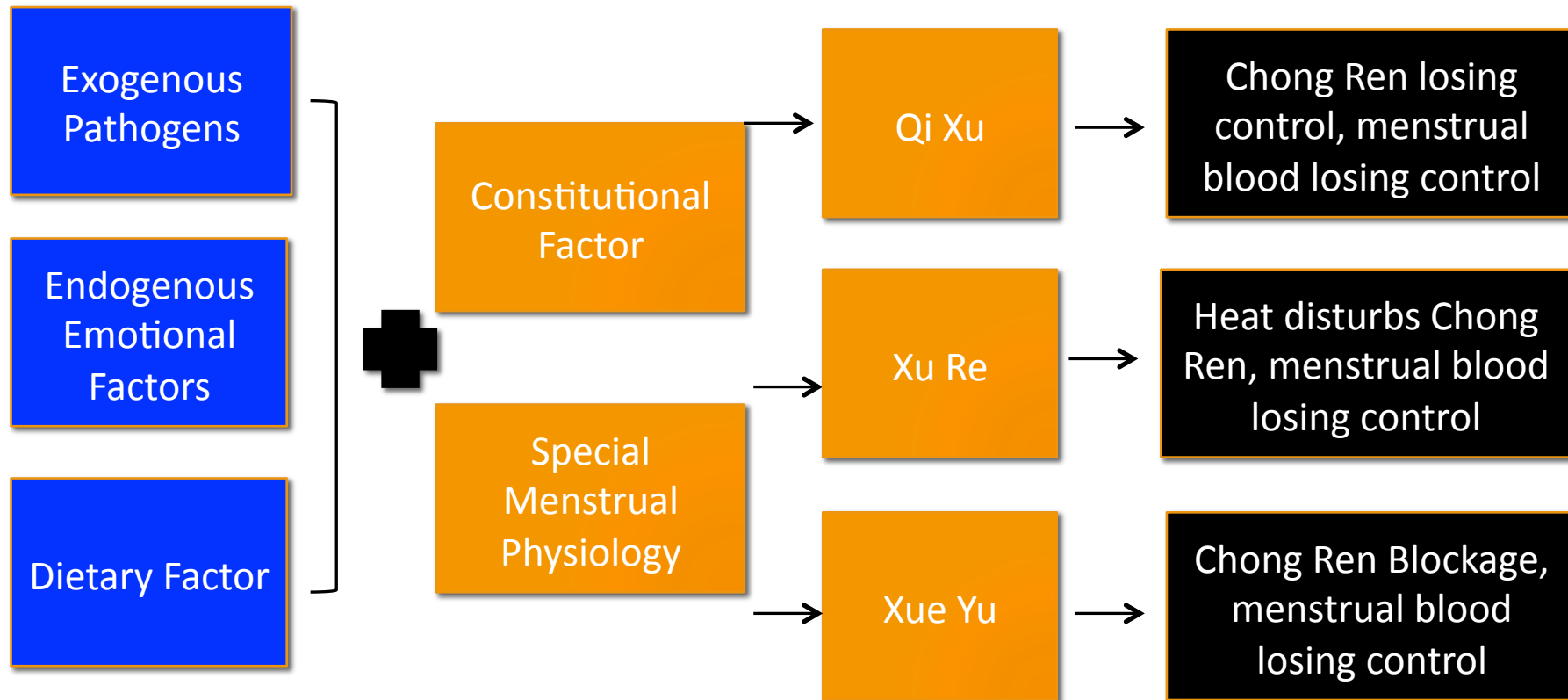
# Pathology

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Disease Location: Chong Ren. The main pathology is Chong Ren Sea of Blood.  
Chong Ren losing controlling function, menstrual blood losing control



# Etiopathology Summary



# Diagnosis

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Main Symptom: menstrual flow lasted more than 7 days, but cycle normal

Combinations: can see increased menstrual flow, menstrual cycle irregular, or dysmenorrhea, lumbago, or leukorrhea



# Exams

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Pelvic examination to check for the size of uterus or remained POC or POM

Pelvic tenderness

Sex hormone levels



# Differentiation of Syndromes

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Etiology	Symptoms			
	Quantity	Color	Quality	Cycle
Qi Xu	more	pale	Thin	Not clean Not clear
Xue Re	less	Bright red	thick	Normal
Xue Yu	More or less	Purple dark	Clots	Normal



# Treatment Principles

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Focus on Chong's controlling function

Strengthen Chong Stop Bleeding Regulate Menstruation

To shrink menstruation time

Qi Deficiency– Tonify Qi and Control Blood

Deficient Heat– Nourish Yin Clear Heat Stop Bleeding

Blood Stagnation – Activate Blood Dissolve Stagnation Stop Bleeding



# Herbal Therapy

## Qi Deficiency

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Prolonged menstruation, excessive flow, pale and thin flow, fatigue, dyspnea, feeble speech, pale face, tongue pale, coating thin, pulse slow and weak.

Chong Ren weakened control, cannot control menstrual blood flow

Tonify Qi Control Blood, Strengthen Chong Regulate Menstruation

Modified Ju Yuan Jian 舉元煎 (Ju Yuan Jian + A Jiao, Ai Ye, Wu Zei Gu)

Ren Shen, Huang Qi, Bai Zhu, Sheng Ma, Zhi Gan Cao, A Jiao, Ai Ye, Wu Zei Gu





# Herbal Therapy

## Qi Deficiency

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Modified Ju Yuan Jian 舉元煎 (Ju Yuan Jian + A Jiao, Ai Ye, Wu Zei Gu)

Ren Shen, Huang Qi, Bai Zhu, Sheng Ma, Zhi Gan Cao, A Jiao, Ai Ye, Wu Zei Gu

If excessive flow, add Mu Li

If with dysmenorrhea, add San Qi, Pu Huang, Xue Yu Tan



# Herbal Therapy

## Deficient Heat

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Prolonged menstrual flow, less flow, brighter red, thick or sticky flow, dry throat and mouth, or with flushed face, tidal heat, or with five sole heat, tongue red, coating scanty, pulse thready rapid.

Yin deficiency with internal heat, heat disturbing Chong Ren, Sea of Blood restless and not calm

Nourish Yin Clear Heat Stop Bleeding

Liang Di Tang + Er Zhi Wan + Wu Zei Gu + Qian Cao 兩地湯 + 二至丸 + 烏賊骨 + 茜草

Sheng Di, Xuan Shen, Mai Dong, Di Gu Pi, A Jiao, Bai Shao, Nv Zhen Zi, Han Lian Cao , Wu Zei Gu, Qian Cao.

生地，玄參，麥冬，地骨皮，阿膠，白芍，女貞子，旱蓮草, 烏賊骨，茜草。



# Herbal Therapy

## Deficient Heat

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Liang Di Tang + Er Zhi Wan + Wu Zei Gu + Qian Cao 兩地湯 + 二至丸 + 烏賊骨 + 茜草

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生地，玄參，麥冬，地骨皮，阿膠，白芍，女貞子，旱蓮草, 烏賊骨，茜草。

If scanty flow, add Shu Di, Dan Shen, If strong tidal fever or heat symptoms, add Bai Wei 白薇



# Herbal Therapy

## Blood Stagnation

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Prolonged menstrual flow, less flow amount, dark red color with clots, pelvic pain aversion to pressure, tongue purple dark or with stagnant spots, pulse wiry sluggish.

Stagnation blocking the proper function of Chong Ren and Uterus, menstrual flow becomes uncontrolled.

Activate Blood, Dissolve Stagnation Stop Bleeding

Tao Hong Si Wu Tang + Shi Xiao San + Yi Mu Cao + Qian Cao 桃紅四物湯+失笑散+益母草+茜草。

Tao Ren, Hong Hua, Dang Gui, Shu Di, Chuan Xiong, Bai Shao, Pu Huang, Wu Ling Zhi, Yi Mu Cao, Qian Cao.



# Herbal Therapy Blood Stagnation

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Tao Hong Si Wu Tang + Shi Xiao San + Yi Mu Cao + Qian Cao 桃紅四物湯+失笑散+益母草+茜草。

Tao Ren, Hong Hua, Dang Gui, Shu Di, Chuan Xiong, Bai Shao, Pu Huang, Wu Ling Zhi, Yi Mu Cao, Qian Cao.

If with pelvic distending pain, add E Zhu and Yan Hu Suo 莪朮，延胡索



# Herbal Instructions

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Most of time, it would be more effective to take the herbs during the menstruation.

Stay away from astringent herbs to avoid further blockage and congestion.



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The patient is at 7x7 age, her liver and kidney essence and yin have depleted, at the same time, she exhibited ministerial fire rising, yin deficiency with fire causing head distention, emotional instability, heat disturbing Chong Ren causing menstrual blood losing control, therefore prolonged period.

Liver Kidney Yin Deficiency, Heart Brain Lacked Nourishment

Nourish Liver and Kidney, Calms Heart and Calms Spirit

Dang Gui, Shu Di, Suan Zao Ren, Ye Jiao Teng, He Huan Pi, Yuan Zhi, Fu Shen, Huai Xiao Mai, Zhi Gan Cao. 14 bags.





# Clinical Case #6

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Second Visit: sleep improved, dizziness improved, appetite normal, bm regular, last period lasted 7 days instead of 10 days. Pulse thin soft, tongue red, coating thin.

Dang Gui15, Shu Di12, Sha Ren 3, Suan Zao Ren 9, Ye Jiao Teng 20, Fu Shen 12, Fu Ling 12, He Huan Pi 12, Yuan Zhi 6, Huai Xiao Mai 30, Zhi Gan Cao 6, Bai Zhu 9, Bai Shao 9. 14 bags

