

Integrative Woman's Health Course

DAOSHING NI



Beng Lou – Abnormal Uterine Bleeding (AUB)

崩漏



Definitions

Beng Lou – Abnormal Uterine Bleeding (AUB)

Frequently termed as Dysfunctional uterine bleeding (DUB) and is defined as abnormal uterine bleeding in the absence of organic disease. Dysfunctional uterine bleeding is the most common cause of abnormal vaginal bleeding during a woman's reproductive years.



Case Study

Dr. Ding, Qi Hou 丁启后

45 yo, married, first visit 11-12-2004.

AUB 3 months. Irregular menstrual cycle since one year ago, fluctuating menstrual cycle up to 10 days, menstrual flow is moderate and not heavy, 7 days to clean. Began three months ago, since menstruation, bleeding has not stopped since, fatigue, restlessness, insomnia, appetite ok, no abdominal pain, no fever, bleeding moderate, pale and thin, tongue flabby, coating thin yellow, pulse deep slow forceless, pelvic exam (-).



AUB has wider terminology in WM

Bleeding between periods

Bleeding after sex

Spotting anytime in the menstrual cycle

Bleed heavier or for more days than normal

Bleeding after menopause



Causes

Pregnancy

Ectopic pregnancy

Adenomyosis

IUD or OCP

Uterine or cervix infection

Fibroids

Problems with blood clotting

Polyps

Endometrial hyperplasia

Cancer of cervix, uterus or vagina

Polycystic ovary syndrome



Exams

History

Sonohysterography

Ultrasound

MRI

Hysteroscopy

Endometrial biopsy



Beng Lou 崩漏

Beng usually denotes to uncontrolled heavy bleeding

Lou usually denotes to incessant spotting or lighter bleeding

Both term when comes together to define abnormal uterine bleeding



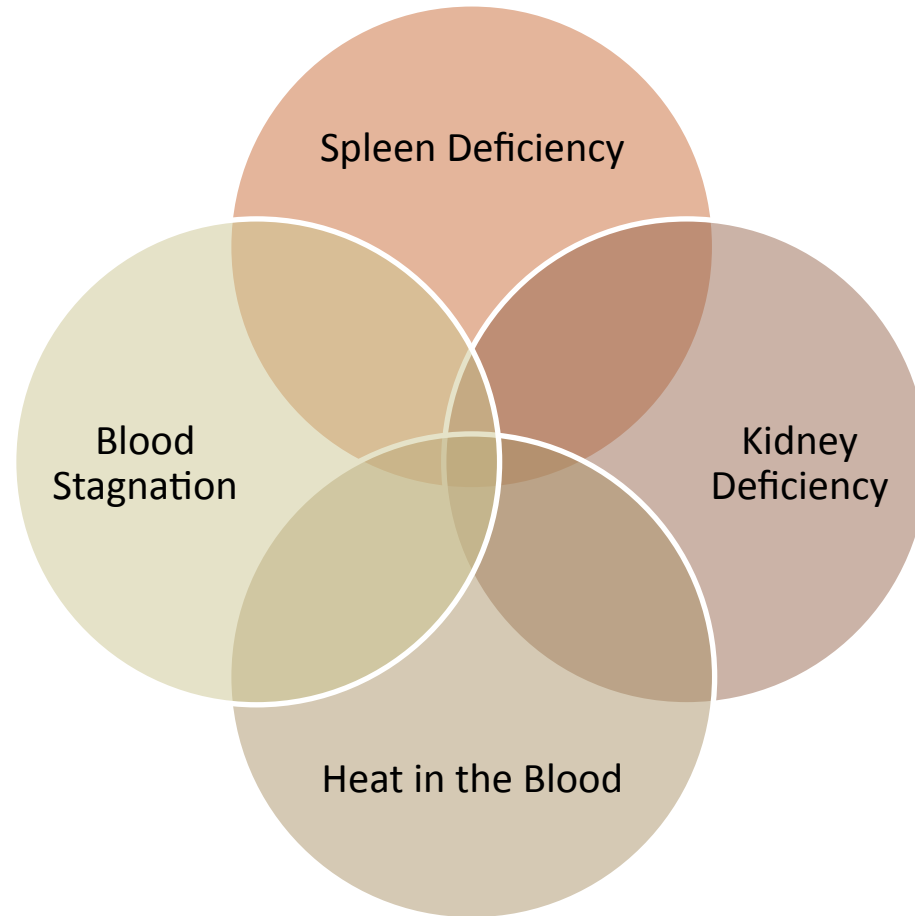
Classical Texts

<Zhu Bing Yuan Hou Lun – Lou Xia Hou> 諸病源候論，漏下候：defined both Beng and Lou

Jin Kui Yao Lue – Wen Jing Tang and Jiao Ai Tang

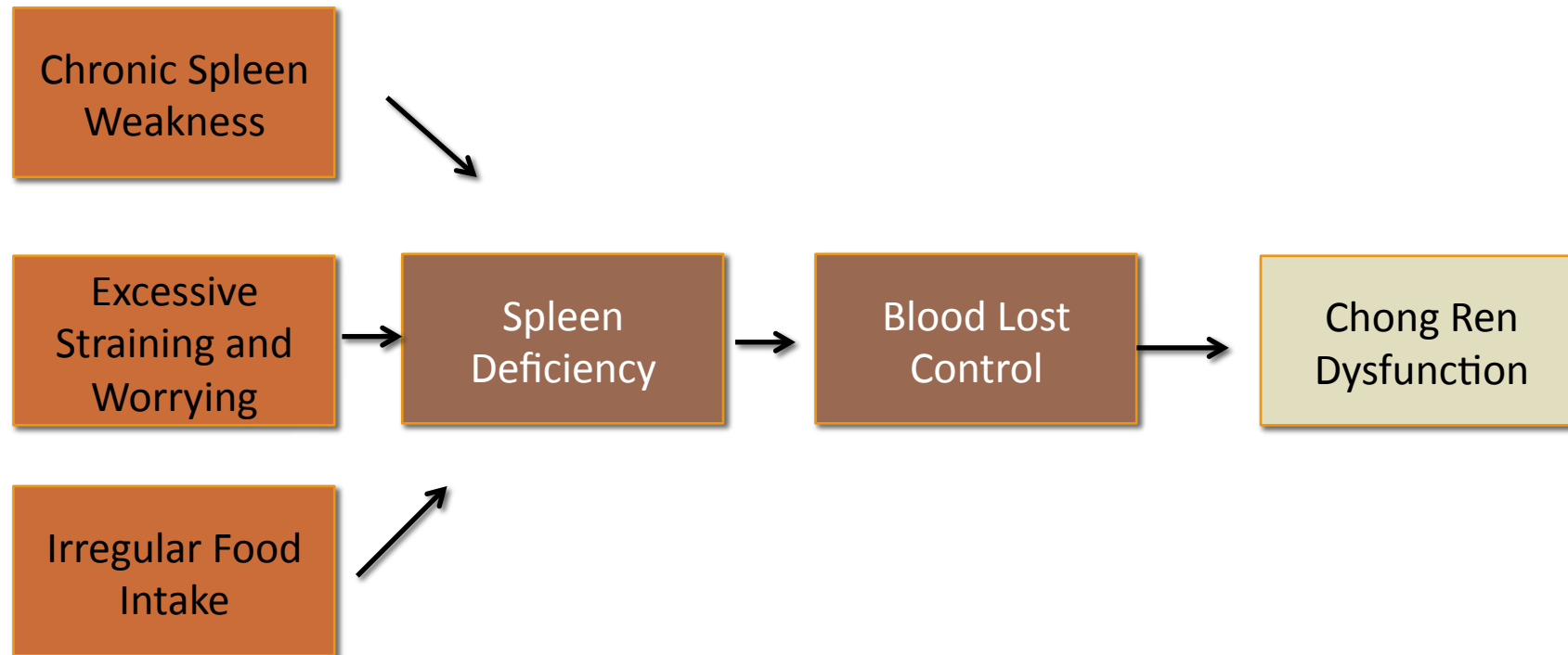


TCM Etiology



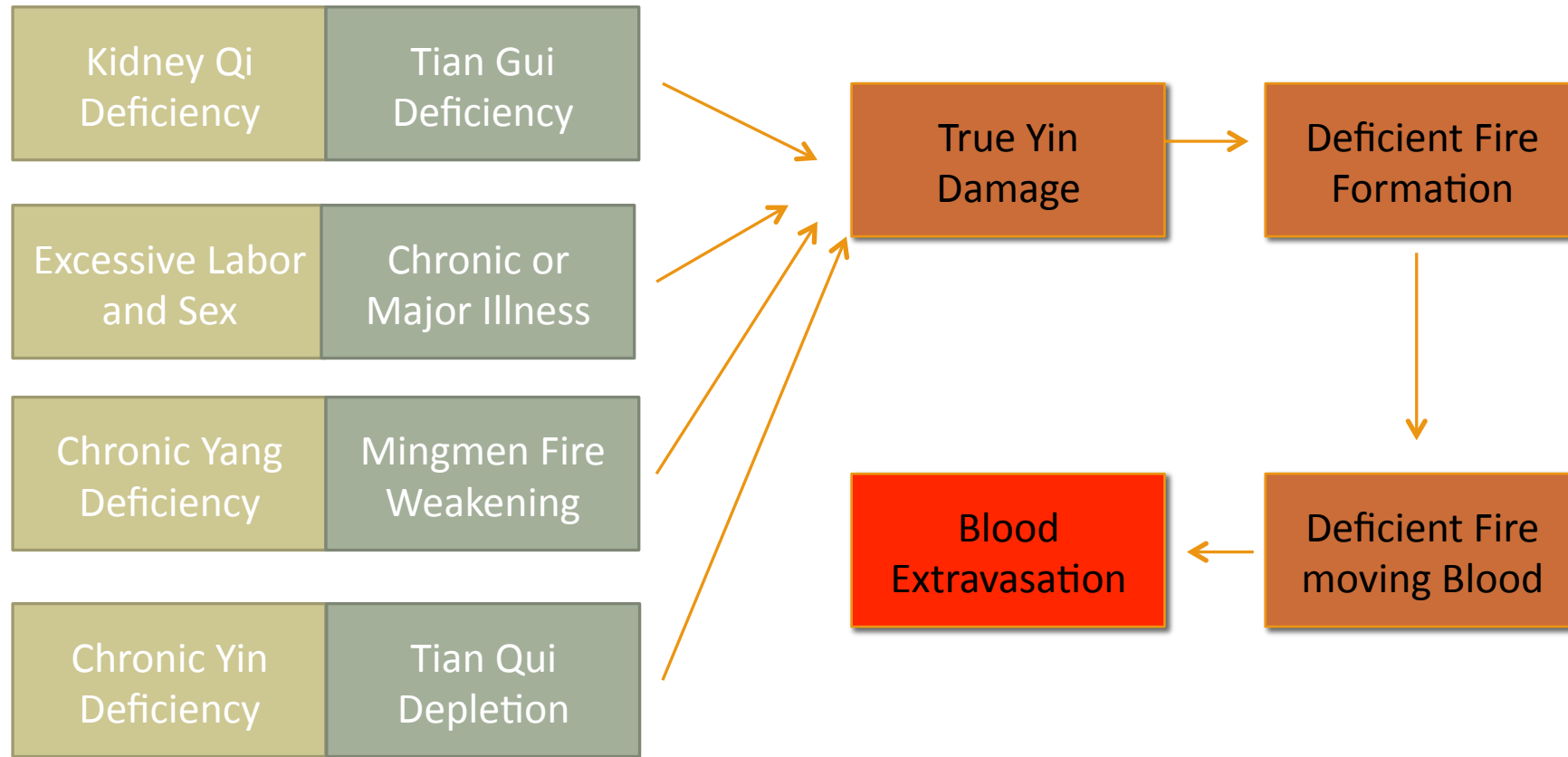
TCM Etiology

Spleen Deficiency



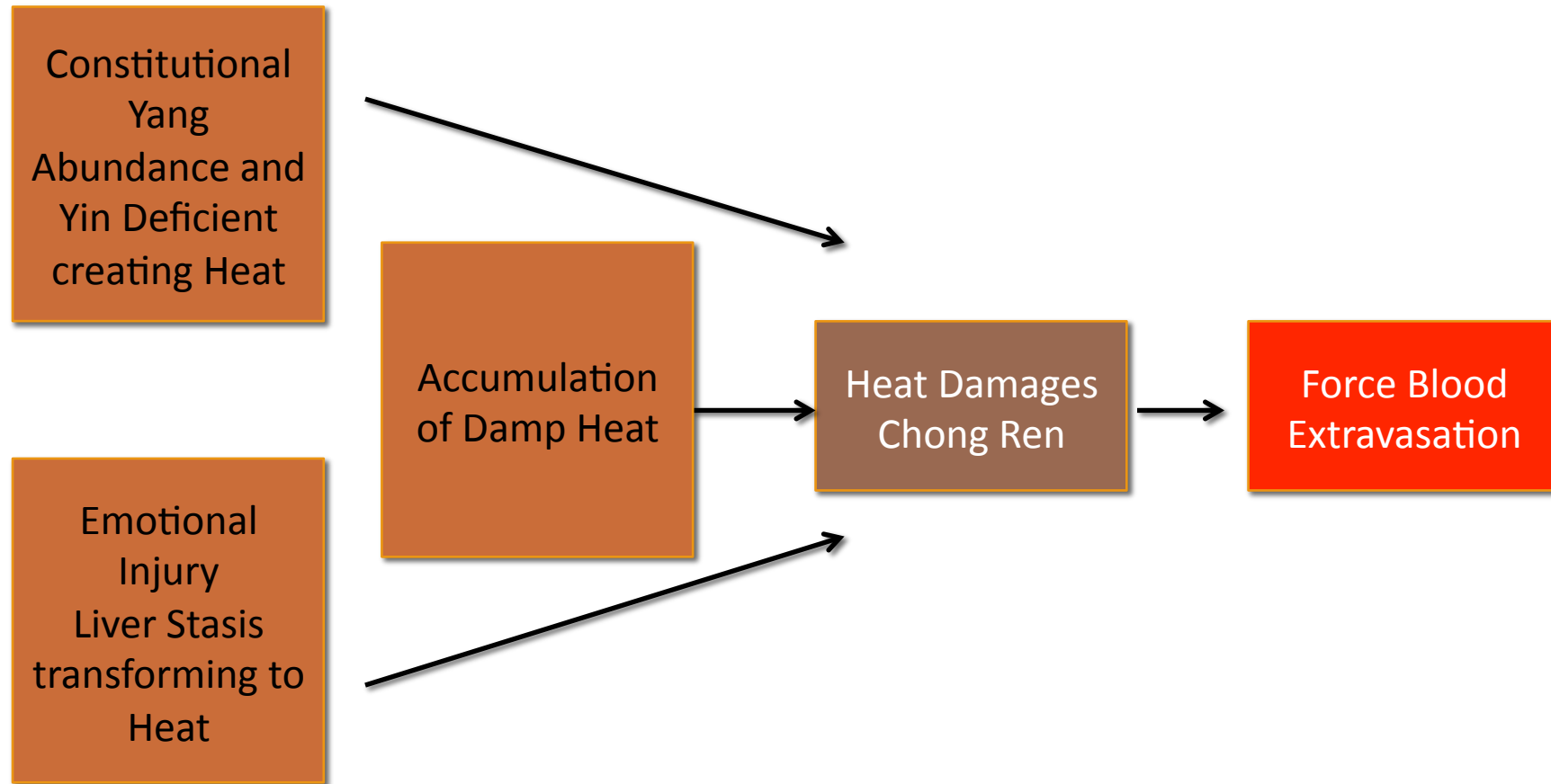
TCM Etiology

Kidney Deficiency

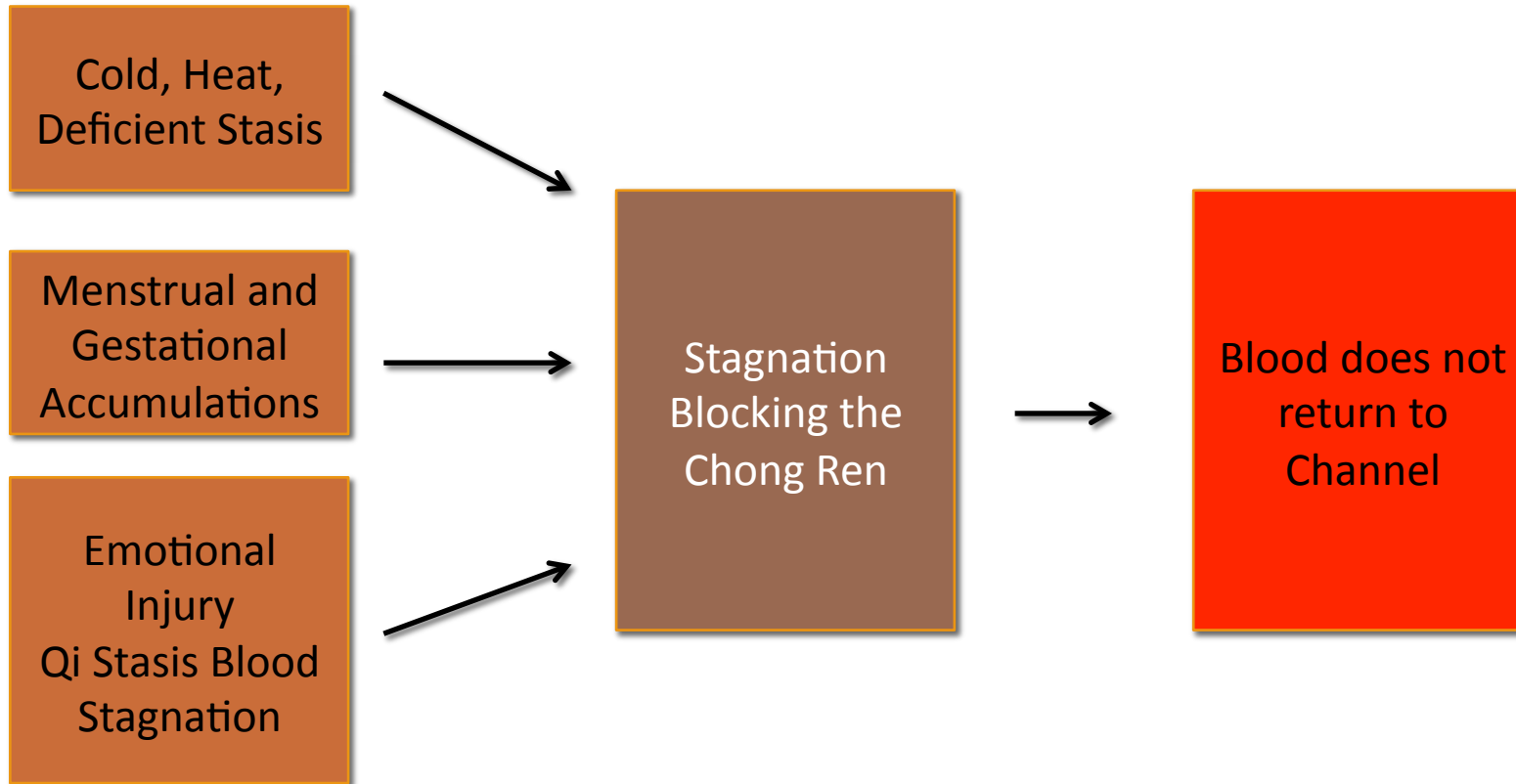


TCM Etiology

Heat in the Blood



TCM Etiology Blood Stagnation



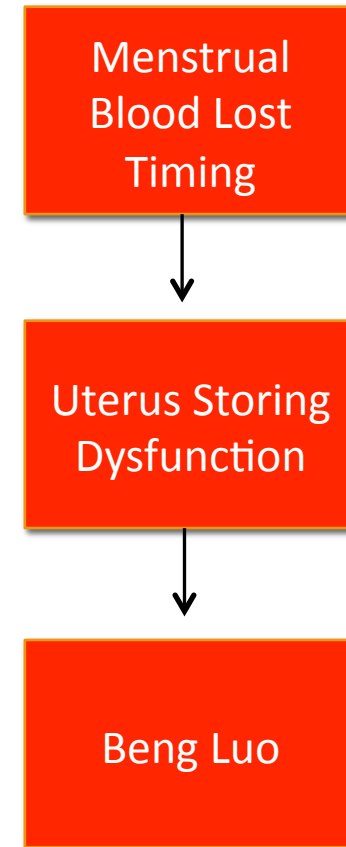
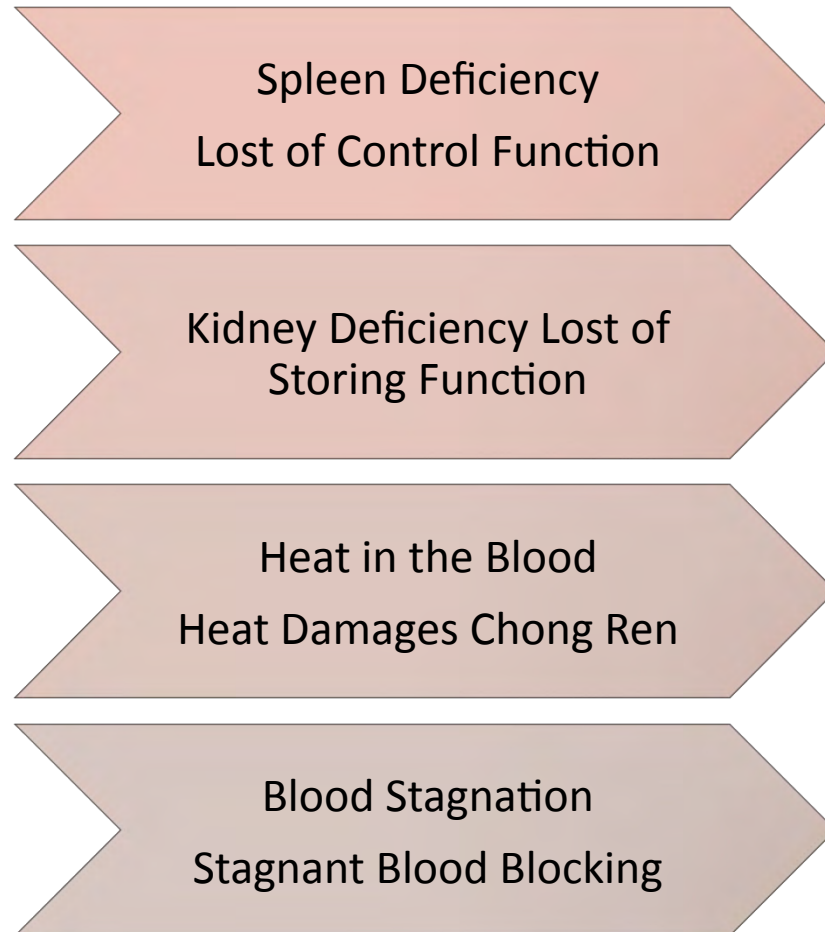
TCM Pathology

Disorder Location: Chong Ren Channels

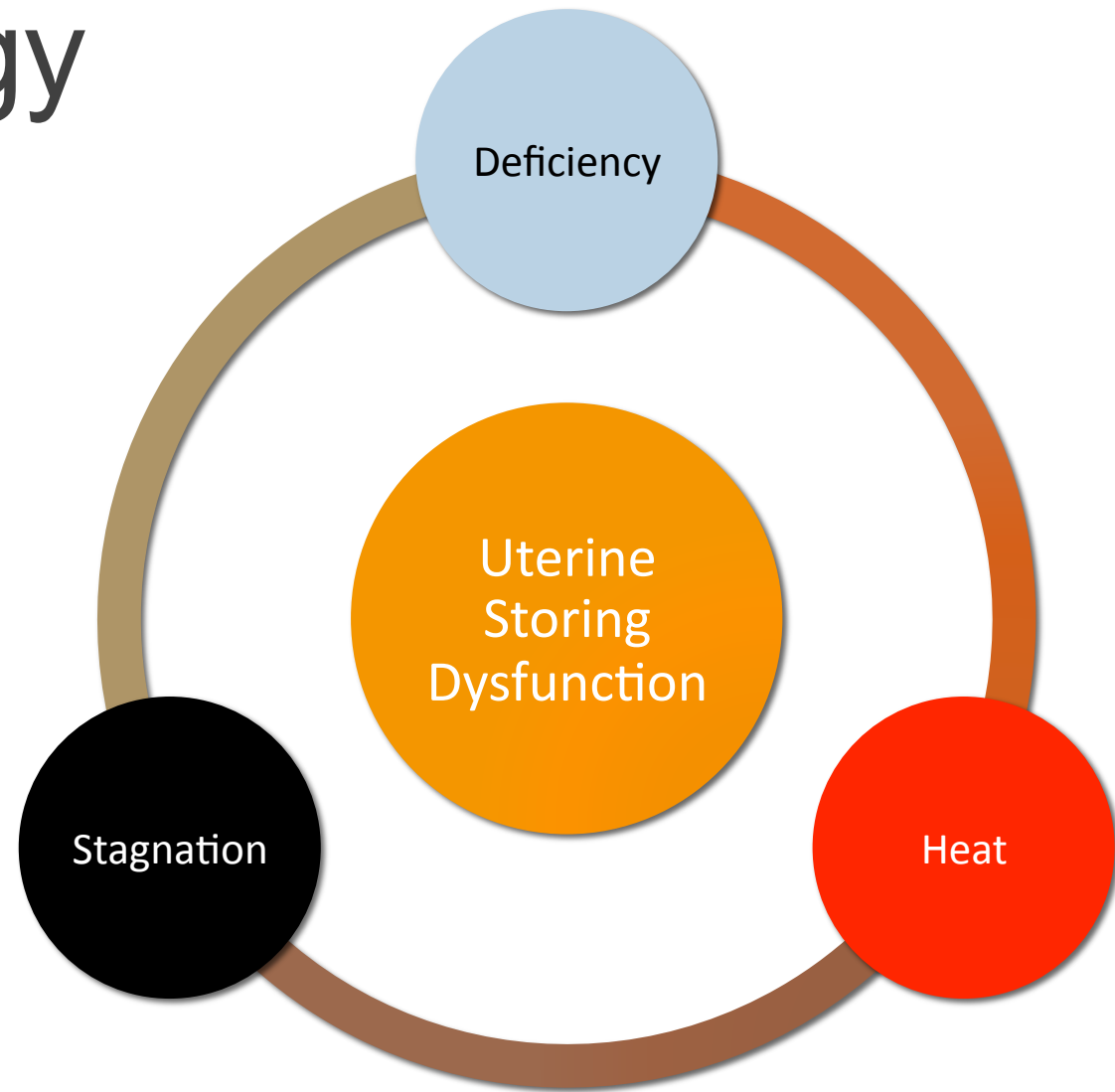
Pathology: dysfunction of Chong Ren causing menstrual blood to be irregular and uterus lost its storing function.



TCM Pathology



TCM Pathology



Diagnosis

Main Symptoms: Irregular menstrual cycle, menstruation can last more than 14 days, or several months. It can be accompanied with sudden stoppage or sudden hemorrhaging flow.

Secondary Symptoms: different levels of anemia due to chronic bleeding



Exams

Ultrasound

Hysteroscopy

Diagnostic D&C

CT or MRI



Diagnosis

Syndromes	Characteristics
Heat Syndrome	Sudden bleeding, excessive and acute, incessant with no stoppage, bright red or deep red, viscous flow
Deficiency Syndrome	Sudden bleeding, or incessant flow with no stoppage, pale thin flow
Blood Stagnation	Sluggish flow on and off, fluctuating between heavy and none, start and stop, color purple dark with abdominal pain
Cold Syndrome	Sudden bleeding with no stoppage, pale dark flow, thin flow with aversion to cold



Treatment Principle

When acute, treats the manifestation, when non-acute, treats the cause. 急則治其標，緩則治其本。

- Stop The Flow (Sai Liu 塞流) – stop bleeding, especially during acute phase where the bleeding heavy and uncontrolled to avoid any collapse situation.
- Distillation to Find the Source (Deng Yuan 澄源) – seek clarification where the source of the problem is. It is a treatment principle used during less acute stage where the bleeding is not as heavy
- Return (Fu Gui 復歸) – after successful treatments, this is where we prevent further occurrence of AUB. The treatment principles during this period should be to tonify kidney, assist spleen or pacific liver.



Syndromes

Spleen Deficiency

Kidney Deficiency

- Kidney Qi Deficiency
- Kidney Yang Deficiency
- Kidney Yin Deficiency

Heat in the Blood

- Excess Heat
- Deficient Heat

Blood Stagnation



Spleen Deficiency

Sudden bleeding or incessant bleeding

Tonify Qi, Control Blood, Strengthen Chong, Stop Beng

Gu Ben Zhi Beng Tang 固本止崩湯

Shu Di, Bai Zhu, Dang Shen, Dang Gui, Huang Qi, Black Ginger (Pao Jiang)

<Fu Qing Zhu Nv Ke>

Fatigue add Tian Qi, Yi Mu Cao or Shi Xiao San



Kidney Qi Deficiency

Irregular menstrual cycle, profuse incessant flow

Tonify Kidney Qi, Strengthen Chong, Stop Bleeding

Modified Cong Rong Tu Si Zi Wan (add Dang Shen, Huang Qi, A Jiao)

Cong Rong Tu Si Zi Wan 菴蓉菟絲子丸 — Shu Di, Rou Cong Rong, Fu Pen Zi, Dang Gui, Gou Qi Zi, Sang Ji Sheng, Tu Si Zi, Ai Ye, Tian Qi

Palpitation add Gui Pi Wan



Kidney Yang Deficiency

Irregular menstruation, heavy bleeding or incessant spotting or light flow, or stop few months, sudden heavy flow again

Warm Up Kidney Benefit Qi, Strengthen Chong, Stop Bleeding

You Gui Wan 右歸丸 + Dang Shen, Huang Qi, Tian Qi

You Gui Wan: Zhi Fu Zi, Rou Gui, Shu Di, Shan Yao, Shan Zhu Yu, Gou Qi Zi, Tu Si Zi, Ai Ye.

Lumbago and diarrhea, add Bai Zhu, Pao Jiang, Bu Gu Zhi, Xian Ling Pi



Kidney Yin Deficiency

Irregular menstruation, bleeding incessant but not overly heavy, can stop for a few months and come back on suddenly.

Nourish Kidney Benefit Yin, Strengthen Chong, Stop Bleeding.

Zuo Gui Wan + Er Zhi Wan or Zi Yin Gu Qi Tang 滋陰固氣湯

Zuo Gui Wan 左歸丸: Shu Di, Shan Yao, Shan Zhu Yu, Gou Qi Zi, Tu Si Zi, Lu Jiao Jiao, Gui Ban, Niu Xi.

熟地黃24克 山藥12克 山茱萸12克 枸杞子12克 菟絲子12克 鹿角膠12克
龜板12克 牛膝9克



Zi Yin Gu Qi Tang 滋陰固氣湯

《实用中医妇科学》 Practical TCM Gynecology

Dang Shen, Huang Qi, Bai Zhu, A Jiao, Xu Duan, Tu Si Zi, He Shou Wu, Shan Zhu Yu, Lu Jiao Shuang, Bai Shao, Zhi Gan Cao

党参、黄芪、白术、阿胶、续断、菟丝子、何首乌、山茱萸、鹿角霜、白芍、炙甘草。

A specific formulation especially used for Beng Lou



HB due to Deficient Heat

Abnormal uterine bleeding, incessant bleeding or spotting or sudden heavy bleeding

Nourish Yin, Clear Heat, Strengthen Chong, Stop Bleeding

Shang Xia Xiang Zi Tang 上下相資湯



Shang Xia Xiang Zi Tang

上下相資湯

<Shi Shi Mi Lu> 1687AD, Chapter 6 《石室秘錄》卷六

Shu Di, Shan Zhu Yu, Wei Rui(Yu Zhu), Ren Shen, Yuan Shen (Xuan Shen), Sha Shen, Dang Gui, Mai Dong, Wu Wei Zi, Niu Xi, Che Qian Zi.

Used originally for dry cracking of mouth and tongue after AUB.

熟地1兩，山茱萸5錢，葳蕤5錢，人參3錢，元參3錢，沙參5錢，當歸5錢，
麥冬1兩，北五味2錢，牛膝5錢，車前子1錢。

血崩之后，口舌燥裂，不能飲食。



HB due to Excess Heat

Abnormal uterine bleeding, sudden onset or incessant spotting for many days.

Clear Heat Cools Blood, Strengthen Chong, Stop Bleeding

Qing Re Gu Jing Tang 清熱固經湯



Qing Re Gu Jing Tang

清熱固經湯

Zhi Gui Ban, Mu Li, A Jiao, Sheng Di, Di Gu Pi, Shan Zhi, Huang Qin, Di Yu, Zong Lu Tan zhong (Carbonized Petiole of Windmill-palm), Ou Jie, Gan Cao.

炙龜板8錢（研粗末，先煎），牡蠣粉5錢（包煎），清阿膠5錢（陳酒燉沖），大生地5錢，地骨皮5錢，焦山梔3錢，生黃芩3錢，地榆片5錢，棕櫚炭3錢，生藕節5錢，生甘草8分。



Blood Stagnation

Abnormal uterine bleeding, sluggish fluctuating flow, alternating between heavy, light, none, or incessant spotting.

Activate Blood Dissolve Stagnation, Strengthen Chong, Stop Bleeding

Zhu Yu Zhi Xue Tang 逐瘀止血湯 from Dr Fu, Qing Zhu's Gynecology

Sheng Di, Da Huang, Chi Shao, Dan Pi, Dang Gui Wei, Zhi Ke, Gui Ban, Tao Ren.

生地酒炒30克 大黃9克 赤芍9克 丹皮3克 當歸尾15克 枳殼15克 龜板醋炙9克 桃仁10粒



Emergency Measure

Stop the Flow – Sai Liu

Ginseng

Fu Zi + Ginseng

Yunnan White Powder (Tian Qi)

CV 20 Bai Huai 百會, LR 1 Dadun 大敦, SP 1 Yinbai 隱白, Moxa

Blood transfusion, D&C, IV fluid



Case Study

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Case Study

Dr. Ding, Qi Hou 丁启后

Kidney Qi deficiency, Qi Blood Deficiency, Chong Ren Weakness

Dang Shen 15, Shan Yao 15, Shan Zhu Yu 12, Shu Di 15, Yu Zhu 15, Di Yu Tan 10,
Qian Cao 6, Xian He Cao 20, Nv Zhen Zi 15, Han Lian Cao 15, Wu Zei Gu 15, A Jiao
15, Chuan Duan 15, Mai Dong 12, Bai Shao 15, Long Gu 30, Mu Li 30, Jing Jie 10



Case Study

Dr. Ding, Qi Hou 丁启后

Second visit

Her bleeding has stopped one week, due to financial difficulties, she is to take Gui Pi Wan outside of her menstruation and during her menstruation she would take the first formulation.

Everything normalized.

