Integrative Woman’s Health Course

DAOSHING NI
Beng Lou – Abnormal Uterine Bleeding (AUB)
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

- Spleen Deficiency
- Kidney Deficiency
- Blood Stagnation
- Heat in the Blood
TCM Etiology
Spleen Deficiency

- Chronic Spleen Weakness
- Excessive Straining and Worrying
- Irregular Food Intake
- Spleen Deficiency
- Blood Lost Control
- Chong Ren Dysfunction
TCM Etiology
Kidney Deficiency

- Kidney Qi Deficiency
- Tian Gui Deficiency
- Excessive Labor and Sex
- Chronic or Major Illness
- Chronic Yang Deficiency
- Mingmen Fire Weakening
- Chronic Yin Deficiency
- Tian Qui Depletion

True Yin Damage
Deficient Fire Formation
Blood Extravasation
Deficient Fire moving Blood
TCM Etiology
Heat in the Blood

- Constitutional Yang Abundance and Yin Deficient creating Heat
- Accumulation of Damp Heat
- Emotional Injury Liver Stasis transforming to Heat
- Heat Damages Chong Ren
- Force Blood Extravasation
TCM Etiology
Blood Stagnation

- Cold, Heat, Deficient Stasis
- Menstrual and Gestational Accumulations
- Emotional Injury Qi Stasis Blood Stagnation

Stagnation Blocking the Chong Ren

Blood does not return to Channel
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

- Spleen Deficiency
  Lost of Control Function

- Kidney Deficiency Lost of Storing Function

- Heat in the Blood
  Heat Damages Chong Ren

- Blood Stagnation
  Stagnant Blood Blocking

- Menstrual Blood Lost Timing

- Uterus Storing Dysfunction

- Beng Luo
TCM Pathology

Deficiency

Uterine Storing Dysfunction

Stagnation

Heat
Diagnosis

Main Symptoms: Irregular menstrual cycle, menstruation can lasts 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
<table>
<thead>
<tr>
<th>Syndromes</th>
<th>Characteristics</th>
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<tbody>
<tr>
<td>Heat Syndrome</td>
<td>Sudden bleeding, excessive and acute, incessant with no stoppage, bright red or deep red, viscous flow</td>
</tr>
<tr>
<td>Deficiency Syndrome</td>
<td>Sudden bleeding, or incessant flow with no stoppage, pale thin flow</td>
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<tr>
<td>Blood Stagnation</td>
<td>Sluggish flow on and off, fluctuating between heavy and none, start and stop, color purple dark with abdominal pain</td>
</tr>
<tr>
<td>Cold Syndrome</td>
<td>Sudden bleeding with no stoppage, pale dark flow, thin flow with aversion to cold</td>
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</tbody>
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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 复歸) – 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 蓦蓉菟絲子丸 — 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。

血崩之後，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，焦山栀3錢，生黃芩3錢，地榆片5錢，棕榈
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
Dr. Ding, Qi Hou

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

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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 Tan10, 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
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.