Integrative Woman’s Health Program

DAOSHING NI
Delayed Menstruation
月经后期
MENSTRUAL IRREGULARITIES 月经不调
Case #2 Delayed Menstruation
Dr. Wang Zi Yu 王子瑜

29 YO, First Visit 11-25-2005

Delayed Menstruation for 14 years, Married/TGP 2 Years

15 3-5/32-60, Clomiphene use for three cycles without pregnancy, LMP 11/11-11/16, moderate amount, bright red flow, clots, no pain, no breast tenderness, tongue dark red, coating yellow greasy in the middle, pulse thin wiry, pelvic exam normal, except uterus is small
Overview and Definition

Delayed menstruation refers to when menstruation is 7 or more days later than usual period cycle and occurred for two or more consecutive cycles. Sometimes menstruation can be delayed up to six months.

Classical Texts

◦ Jin Kui Yao Lue 金匮要略 – first defined the condition of Delayed Menstruation
◦ Jing Yue Quan Shu 景岳全書 (Chapter 38) – Description of etiology and treatment of HB causing delayed menstruation
What are the known causes of Delayed Menstruation

- Pregnancy
- Stress
- Major Weight Loss or Excessive Exercise
- Thyroid Irregularity
- PCOS
- BCP usage
- Chronic Illnesses
  - Celiac Disease
- Premature Menopause
Etiologies

- Kidney Deficiency
- Blood Deficiency
- Deficient Coldness
- Excess Coldness
- Qi Stasis
Etiology
Deficiencies

- Kidney Qi Deficiency
- Overstraining/Pregnancy Damaging the Kidney
- Kidney Qi, Blood, Essence Deficient

- Spleen Deficiency
  - Lack of Transformation
- Disease or Pregnancy Causing Loss of Blood
- Yin Blood Deficiency

- Constitutional Yang Deficiency
- Chronic Illness damaging the Yang
- ZF not warmed, transformation weakens, Qi/Xue becomes deficient
Etiology
Excess

- Exogenous Cold Invasion, Excessive Intake of Cold Foods
- Cold Pathogen Stagnates Blood
- Blood Flow not Smooth and Delayed
- Chronic Depression and Excessive Worrying
- Stagnant Qi Causes Stagnancy in Blood
- Blood Flow not Smooth and Delayed
Pathology

Kidney Deficiency

Blood Deficiency

Coldness in the Blood

Qi Stasis

Insufficiency of Essence and Blood

Cannot Nourish Chong-Ren

Deficient Cold

Excess Cold

Delayed Blood Flow

Chong Ren Blockages

Sea of Blood is not full on time

Delayed Menstruation
Etiology and Pathology Summary

Cold Pathogen (exogenous)

Emotional Factors (endogenous)

Nutritional Factor

Constitutional Tendencies (endogenous)

Kidney Deficiency

Blood Deficiency

Deficient Cold

Excess Cold

Qi Stasis

Insufficient Essence and Blood
Insufficient Chong-Ren Sea of Blood Does not Fill on time

Blood Flow Stagnates Chong-Ren Blocked
Diagnosis and Differentiation

Main Symptom: Menstruation is 7 or more days delayed than usual period cycle and occurred for two or more consecutive cycles.

Minor Symptom: There may be changes in menstrual flow amount.
Diagnosis and DS

Pelvic Exam: Normal or uterus might appeared to be smaller

BBT:

- Scenario One: ovulation 14 days before menstruation
- Scenario Two: ovulation on CD14 and luteal phase elongated
- Scenario Three: monophasic throughout
## Differential Diagnosis

<table>
<thead>
<tr>
<th>Common Symptom</th>
<th>Delayed Menstruation</th>
<th>Early Pregnancy</th>
<th>Pregnancy Bleeding</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Delayed Menstruation</td>
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<td>Delayed Menstruation</td>
</tr>
<tr>
<td>Delayed menstruation 7 days</td>
<td>Delayed Menstruation</td>
<td>Early pregnancy</td>
<td>Regular menstrual cycle history, urine hCG (+), abdominal pains, bleeding or spotting</td>
</tr>
<tr>
<td>days of more, 2 or more cycles</td>
<td></td>
<td>signs and symptoms</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>such as urine hCG (+), enlarged uterus, pigmentation change of cervix, presence of sac in uterus via ultrasound</td>
<td></td>
</tr>
</tbody>
</table>
## Differentiation in Syndromes

<table>
<thead>
<tr>
<th>Conditions</th>
<th>Symptoms</th>
</tr>
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<tbody>
<tr>
<td>Kidney Deficiency</td>
<td>Delayed scanty menstruation, color dark and pale, thin viscosity, sore back, and weak knee</td>
</tr>
<tr>
<td>Blood Deficiency</td>
<td>Delayed scanty menstruation, color pale and thin, vertigo and palpitation</td>
</tr>
<tr>
<td>Deficient Cold</td>
<td>Delayed scanty menstruation, color pale and thin, abdominal intermittent pain, desires warmth and aversion to cold</td>
</tr>
<tr>
<td>Excess Cold</td>
<td>Delayed scanty menstruation, color dark or with clots, abdominal cold pain aversion to pressure</td>
</tr>
<tr>
<td>Qi Stasis</td>
<td>Delayed scanty menstruation or normal menstrual flow, dark red color or with clots, abdominal distention with pain</td>
</tr>
</tbody>
</table>
Treatment Principle

Tonify what is deficient, Sedate what is excess. (虛者補之，實者瀉之)

Deficiency Syndromes – tonify kidney nourish blood or warm up channels and nourish blood.

Excess Syndromes – circulate Qi and relieve stagnation

Combined syndromes – differentiate for primary/secondary and treat both at the same time.

Careful not to use strong pungent drying herbs or blood breaking herbs especially for Deficient Cold syndromes
Five Syndromes

Kidney Deficiency
Blood Deficiency
Coldness in Blood – Deficient Cold
Coldness in Blood – Excess Cold
Qi Stasis
Kidney Deficiency

Delayed menstruation, scanty flow, dark or pale flow, thin flow, vaginal discharge clear thin, sore back, weak knees, dizziness, tinnitus, dark facial complexion, or with dark spots, tongue pale, coating thin white, pulse deep thready.

Tonify Kidney Nourish Blood Regulate Menstruation

Dang Gui Di Huang Yin 當歸地黃飲
Kidney Deficiency
Dang Gui Di Huang Yin 當歸地黃飲

Dang Gui 6-9 g, Shu Di 9-15 g, Shan Yao 6 g, Du Zhong 6 g, Niu Xi 4.5 g, Shan Zhu Yu 3 g, Zhi Gan Cao 2.4.

Kidney Deficiency Lower Back Pains

Complete Works of Jing Yue (Jing Yue Quan Shu 景岳全書)

Lower Jiao Deficient Cold, add Rou Gui 3-6 g, Strong deficient cold, add Fu Zi; turbid leukorrhea, add Jin Ying Zi 6 g or Po Gu Zhi 3 g. If Qi deficient, add Ren Shen 3-6 g, Gou Qi Zi 6-9.
Blood Deficiency

Delayed menstruation, scanty flow, pale red, flow thin, pelvic intermittent ache, or vertigo, palpitation, lack of sleep, pale face, sallow face, tongue pale, pulse thin weak.

Tonify Blood and Qi, Regulate Menstruation.

Da Bu Yuan Jian 大補元煎
Blood Deficiency
Da Bu Yuan Jian 大補元煎

Ren Shen, Shan Yao, Shu Di, Du Zhong, Dang Gui, Shan Zhu Yu, Gou Qi Zi, Zhi Gan Cao.

If lack of appetite, loose stools, indigestion, add Bai Zhu, Bian Dou, Sha Ren.
Cold Blood – Deficient Cold

Delayed menstruation, scanty flow, pale red or watery, thin flow, abdominal ache, likes warmth and pressure on abdomen, sore back, fatigue, long clear urination, loose stools, tongue pale, coating thin white, pulse delayed deep or thin weak.

Assist Yang Disperse Cold Regulate Menstruation

《Jin Kui》Wen Jing Tang 金匱溫經湯
Cold Blood – Deficient Cold
Jin Kui Wen Jing Tang 金匱溫經湯

Wu Zhu Yu, Dang Gui, Bai Shao, Chuan Xiong, Gui Zhi, Sheng Jiang, Dan Pi, Ban Xia, Mai Dong, Ren Shen, A Jiao, Gan Cao.

吳茱萸，當歸，白芍，川芎，川芎，桂枝，生薑，丹皮，半夏，麥冬，人參，阿膠，甘草。

Stronger cold pain and aversion to cold, add Bu Gu Zhi, Ba Ji Tian, Xian Ling Pi.
Cold Blood – Excess Cold

Delayed menstruation, scanty flow, dark flow, clots, pelvic cold pain aversion to pressure but better with warmth, aversion to cold, cold extremities, bluish white facial complexion, tongue dark pale, coating white, pulse deep tight.

Warm up channel, disperse cold, regulate menstruation.

<Liang Fang> Wen Jing Tang 良方溫經湯
Cold Blood – Excess Cold
<Liang Fang> Wen Jing Tang 良方溫經湯

Dang Gui, Chuan Xiong, Bai Shao, Gui Zhi, Dan Pi, Er Zhu, Ren Shen, Gan Cao, Niu Xi.

If excessive menstrual flow, rid of Er Zhu, Niu Xi, add Pao Jiang, Ai Ye.
Qi Stasis

Delayed menstruation, scanty or normal amount of flow, deep red flow, with some moderate clots, pelvic distending pain, depressive effect, premenstrual breast tender and pain, tongue pink or red, coating thin white or thin yellow, pulse wiry or wiry rapid.

Circulate Qi, relieve stasis, regulate menstruation.

Wu Yao Tang 烏藥湯
Wu Yao Tang 烏藥湯

Wu Yao, Xiang Fu, Mu Xiang, Dang Gui, Gan Cao.

Scanty flow with clots, add Chuan Xiong, Dan Shen.
<table>
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<tr>
<th>Condition</th>
<th>Herbal Formulation</th>
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</tr>
<tr>
<td>Blood Deficiency</td>
<td>Da Bu Yuan Jian 大補元煎</td>
<td>Ren Shen, Shan Yao, Shu Di, Du Zhong, Dang Gui, Shan Zhu Yu, Gou Qi Zi, Zhi Gan Cao. 人參，山藥，熟地，杜仲，當歸，山茱萸，枸杞子，炙甘草。</td>
</tr>
<tr>
<td>Deficient Cold</td>
<td>Jin Kui Wen Jing Tang 金匱溫經湯</td>
<td>Wu Zhu Yu, Dang Gui, Bai Shao, Chuan Xiong, Gui Zhi, Sheng Jiang, Dan Pi, Ban Xia, Mai Dong, Ren Shen, A Jiao, Gan Cao. 吳茱萸，當歸，白芍，川芎，川芎，桂枝，生薑，丹皮，半夏，麥冬，人參，阿膠，甘草。</td>
</tr>
<tr>
<td>Excess Cold</td>
<td>&lt;Liang Fang&gt; Wen Jing Tang 良方溫經湯</td>
<td>Dang Gui, Chuan Xiong, Bai Shao, Gui Zhi, Dan Pi, E Zhu, Ren Shen, Gan Cao, Niu Xi. 當歸，川芎，白芍，桂枝，丹皮，莪朮，人參，甘草，牛膝。</td>
</tr>
<tr>
<td>Qi Stasis</td>
<td>Wu Yao Tang 烏藥湯</td>
<td>Wu Yao, Xiang Fu, Mu Xiang, Dang Gui, Gan Cao. 烏藥，香附，木香，當歸，甘草。</td>
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# Acupuncture Treatments
## Delayed Menstruation

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<tr>
<th>Syndromes</th>
<th>Formulation</th>
<th>Procedure</th>
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<tbody>
<tr>
<td>Kidney Deficiency</td>
<td>BL 23, GV 4, KI 3, CV 4, ST 36, SP 6</td>
<td>Tonification Method or with Moxa</td>
</tr>
<tr>
<td>Blood Deficiency</td>
<td>CV 6, CV 4, ST 29, CV 3, SP 6, ST 36</td>
<td>Tonification Method or with Moxa</td>
</tr>
<tr>
<td>Cold Blood – Deficient Cold</td>
<td>CV 4, CV 6, ST 29, SP 8, SP 6, ST 36, BL 32, ST 25</td>
<td>Tonification Method or with Moxa</td>
</tr>
<tr>
<td>Cold Blood – Excess Cold</td>
<td>SP 4, PC 6, LR 3, SP 6, SP 8, SP 10</td>
<td>Sedation Method and NO Moxa</td>
</tr>
<tr>
<td>Qi Stasis</td>
<td>SP 4, PC 6, LR 3, SP 6, SP 8, SP 10</td>
<td>Sedation Method and NO Moxa</td>
</tr>
<tr>
<td>Auricular</td>
<td>Ovary, Uterus, Kidney, Endocrine</td>
<td>Embedding or Needle</td>
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Case #2 Delayed Menstruation
Dr. Wang Zi Yu 王子瑜

29 YO, First Visit 11-25-2005

Delayed Menstruation for 14 years, Married/TGP 2 Years

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Case #2 Delayed Menstruation
Dr. Wang Zi Yu 王子瑜

Kidney Deficiency Delayed Menstruation Primary Infertility
Tonify Kidney Nourish Blood, Replenish Essence, Facilitate Pregnancy, use modified Si Wu Tang

Dang Gui 10, Sheng Di 15, Shu Di 15, Chi Shao 10, Bai Shao 10, Chuan Xiong 10, Xu Duan 15, Tu Si Zi 30, Ba Ji Tian 10, Zi He Che 10, Zi Shi Ying 15, Ai Ye 3, Shan Yao 15, Shou Wu 15, Rou Gui 10

7 bags, one bag daily; 7 visits with minor modification weekly, pregnancy achieved.
Dr. Wang Zi Yu 王子瑜

1921-

Chief TCM Physician, OBGYN department, Dong Zhi Men Hospital, Beijing University of TCM affiliated hospital.

Reputable for Menopause, dysmenorrhea, endometriosis
Integrative Woman’s Health Program

DAOSHING NI
Irregular Menstrual Cycle 月经先后不定期

MENSTRUAL IRREGULARITIES 月经不调
Case #3 Irregular Menstrual Cycles
Dr. Wang, Mian Zhi

32 YO, 8-1-1990 First Visit
Irregular Menstrual Cycles for several years

Irregular menstrual cycles, dizziness, restlessness, poor sleep, pelvic cold to the touch, leukorrhea, sore back, chest tightness, hypochondriac tightness, has used Chinese herbs focused on Pacifying Liver Activate Blood with no relief but further aggravation of symptoms, pulse wiry, left Cun small, right Chi deep, pulse pale, coating white.
Definition

Menstruation occurs either earlier or later than 7 days for three consecutive cycles.

<Complete Book of Jing Yue (Jing Yue Quan Shu 景岳全書)>  
“Deranged Menstruation”

<Dr Fu Qing Zhu’s Gynecology (Fu Qing Zhu Nv Ke 傅青主女科)>  
Irregular Menstruation is due to liver kidney stagnation and should use Ding Jing Tang 定經湯 to soothe Liver and Kidney Qi, to tonify Liver and Kidney Essence.
What are the known causes of Irregular Menstrual Cycles?

<table>
<thead>
<tr>
<th>Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescence</td>
</tr>
<tr>
<td>Uncontrolled diabetes</td>
</tr>
<tr>
<td>Eating disorders</td>
</tr>
<tr>
<td>Hyperthyroidism or hypothyroidism</td>
</tr>
<tr>
<td>Hyperprolactinemia (an abnormally high concentration in the blood of prolactin, a protein hormone)</td>
</tr>
<tr>
<td>Medications, such as antiepileptics or antipsychotics</td>
</tr>
<tr>
<td>Perimenopause or premature ovarian failure</td>
</tr>
<tr>
<td>Polycystic ovary syndrome (PCOS)</td>
</tr>
<tr>
<td>Pregnancy</td>
</tr>
<tr>
<td>Stress and Travel</td>
</tr>
</tbody>
</table>
Etiology
Irregular Menstrual Cycle

Emotional stagnation, anger injuring the Liver

Patency flow dysfunction causing Sea of Blood dysfunction

Deranged Liver Qi

Kidney Qi insufficiency, chronic illness injuring the Kidney

Dysfunction of regulation of Chong-Ren causing Sea of Blood dysfunction

Weakened Kidney Qi
Pathology
Irregular Menstrual Cycle

Emotional Factors
- Liver Stasis
- Kidney Deficiency

Constitutional Factors
- Dysfunction in Patency Flow
- Dysfunction in Storage and Discharge

Chong-Ren Irregular

Sea of Blood Storage and Discharge Dysfunction

Irregular Menstrual Cycle
Diagnosis

Irregular menstrual cycle delay or early greater than 7 days and consecutive 3 cycles or more. Menstrual flow can be normal amount, uterus can be normal sized or slightly smaller.
## Differentiation of Syndrome

<table>
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<th>Syndromes</th>
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<tr>
<td>Liver Stasis</td>
<td>Quantity more or less, dark flow, or with clots, abdominal distention, chest distention, pulse wiry</td>
</tr>
<tr>
<td>Kidney Deficiency</td>
<td>Quantity less, pale flow, minimal clots, lower back soreness, tongue pale, pulse thin and weak</td>
</tr>
<tr>
<td>Liver Stasis Kidney Deficiency</td>
<td>Quantity more or less, dark or pale flow, or with clots, abdominal distention, chest distention, lower back pain, pulse wiry and thin</td>
</tr>
</tbody>
</table>
Treatment Principle

Liver Stasis – Circulate Qi, Pacify Liver, Regulate Menstruation
Kidney Deficiency – Tonify Kidney, Regulate Menstruation
Liver Stasis Kidney Deficiency – Pacify Liver, Tonify Kidney, Regulate Menstruation
Herbal Treatments
Liver Stasis

Irregular menstrual cycle, quantity more or less, color dark red or purple red, or with clots, or sluggish menstrual flow, chest, breasts, pelvic distensions, sighing, belching, poor appetite, tongue coating thin white or thin yellow, pulse wiry.

Anger injuring liver, patency flow dysfunction, sea of blood dysfunction

Pacify Liver Regulate Qi Regulate Menstruation

Xiao Yao San 逍遙散
Xiao Yao San 逍遥散

Chai Hu, Dang Gui, Bai Shao, Bai Zhu, Fu Ling, Bo He, Sheng Jiang
柴胡，當歸，白芍，白朮，茯苓，薄荷，生薑。

Menstrual distending pain with clots, add Dan Shen, Yi Mu Cao, Xiang Fu, Yuan Hu.
Herbal Treatment
Kidney Deficiency

Irregular menstrual cycle, scanty flow, color pale or dark, viscosity thin, lower back ache, weak knees, dizziness, tinnitus, tongue pale, coating white, pulse thin and weak.

Kidney Qi Deficiency, dysfunction in storage, Chong Ren irregularity, sea of blood dysfunction in storing and discharging.

Tonify Kidney and regulate menstruation

Gu Yin Jian 固陰煎
Gu Yin Jian 固陰煎

Tu Si Zi, Shu Di Shan Zhu Yu, Ren Shen, Shan Yao, Zhi Gan Cao, Wu Wei Zi, Yuan Zhi.

Add Du Zhong and Xu Duan for lower back pains.
Herbal Treatment
Liver Stasis Kidney Deficiency

Irregular menstrual cycle, quantity more or less, color dark red or pale red, or with clots, menstrual breast distended pain, lower back pain, sore knee, fatigue, tongue pale, coating white, pulse wiry thin.

Anger or stagnancy injuring the Liver, dysfunction in patency flow, Kidney Qi weakened, storage dysfunction, Chong Ren irregular.

Tonify Kidney Pacify Liver Regulate Menstruation

Ding Jing Tang 定經湯
Ding Jing Tang 定經湯

Chai Du, Jing Jie, Dang Gui, Bai Shao, Shan Yao, Fu Ling, Tu Si Zi, Shu Di

柴胡，荊芥，當歸，白芍，山藥，茯苓，菟絲子，熟地。

Excessive leukorrhea, add Lu Jiao Shuang, Jin Ying Zi.
Other Guidance

Focus on emotional management
Focus on stress management
Focus on sleep hygiene
Focus on time zone change travel
<table>
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<th>Herbal Formulation</th>
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<td>Kidney Deficiency</td>
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</tr>
<tr>
<td>Liver Stasis Kidney Deficiency</td>
<td>Ding Jing Tang</td>
<td>Chai Du, Jing Jie, Dang Gui, Bai Shao, Shan Yao, Fu Ling, Tu Si Zi, Shu Di柴胡，荊芥，當歸，白芍，山藥，茯苓，菟絲子，熟地。</td>
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## Acupuncture Treatments

### Irregular Menstrual Cycle

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<tr>
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<td>BL 18, LR 14, CV 3, LR 3, SP 6</td>
<td>Sedation Method</td>
</tr>
<tr>
<td>Kidney Deficiency</td>
<td>CV 6, SP 6, BL 23, BL 20, ST 36, KI 8</td>
<td>Tonification Method or with Moxa</td>
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<td>Liver Stasis and Kidney Deficiency</td>
<td>CV 6, LR 3, CV 3, SP 6, ST 36, PC 6</td>
<td>Even Method</td>
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Case #3 Irregular Menstrual Cycles
Dr. Wang, Mian Zhi 王綿之

32 YO, 8-1-1990 First Visit

Irregular Menstrual Cycles for several years

Irregular menstrual cycles, dizziness, restlessness, poor sleep, pelvic cold to the touch, leukorrhea, sore back, chest tightness, hypochondriac tightness, has used Chinese herbs focused on Pacifying Liver Activate Blood with no relief but further aggravation of symptoms, pulse wiry, left Cun small, right Chi deep, pulse pale, coating white.
Case #3 Irregular Menstrual Cycles

Dr. Wang, Mian Zhi 王绵之

Blood Deficiency Liver Stasis

Blood Deficiency is the Cause and Liver Stasis is the Manifestation

Nourish Blood Regulate Liver – Main TP

Strengthen Spleen Warm Kidney – Secondary TP
Case #3 Irregular Menstrual Cycles
Dr. Wang, Mian Zhi

Sheng Di 18, Dang Gui 18, Chi Bai Shao 12 each, Chai Hu 3, Chuan Lian Zi 9, Bai Zhu 12, Fu Ling 18, Suan Zao Ren 12, Zhi Yuan Zhi 6, Chen Pi 10, Xian Ling Pi 9, Hong Hua 9, Du Zhong 12, Dan Pi 6

7 bags, 1 bag daily
Second Visit

Dizziness decreased, sleeping better, less chest and hypochondriac distention, emotions are better, less leukorrhea, pulse softer and less wiry, tongue coating root peeled.

Liver Stasis is decreasing but yin blood still deficient, the mother of liver is kidney, Yi Gui Tong Yuan (Yin Wood and Yin Water share the same source)

Rid of Hong Hua, Yuan Zhi, Chen Pi, Du Zhong

Add Shu Di 10, Gou Qi Zi 12, Huai Niu Xi 10, Dang Shen 18, Zhi Xiang Fu 12, Sheng Jiang 3 pieces

10 bags, one bag daily.
Dr. Wang, Mian Zhi 王綿之

1923-2009

19th generational practitioner

Educator as well, focused on general medicine, formularies.

Reputable with DS and Formulation books