

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 金匱要略 – 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
- Nu Ke Qie Yao 女科切要 – etiologies of delayed menstruation as Blood deficiency, Coldness in the Blood, and Stasis.



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

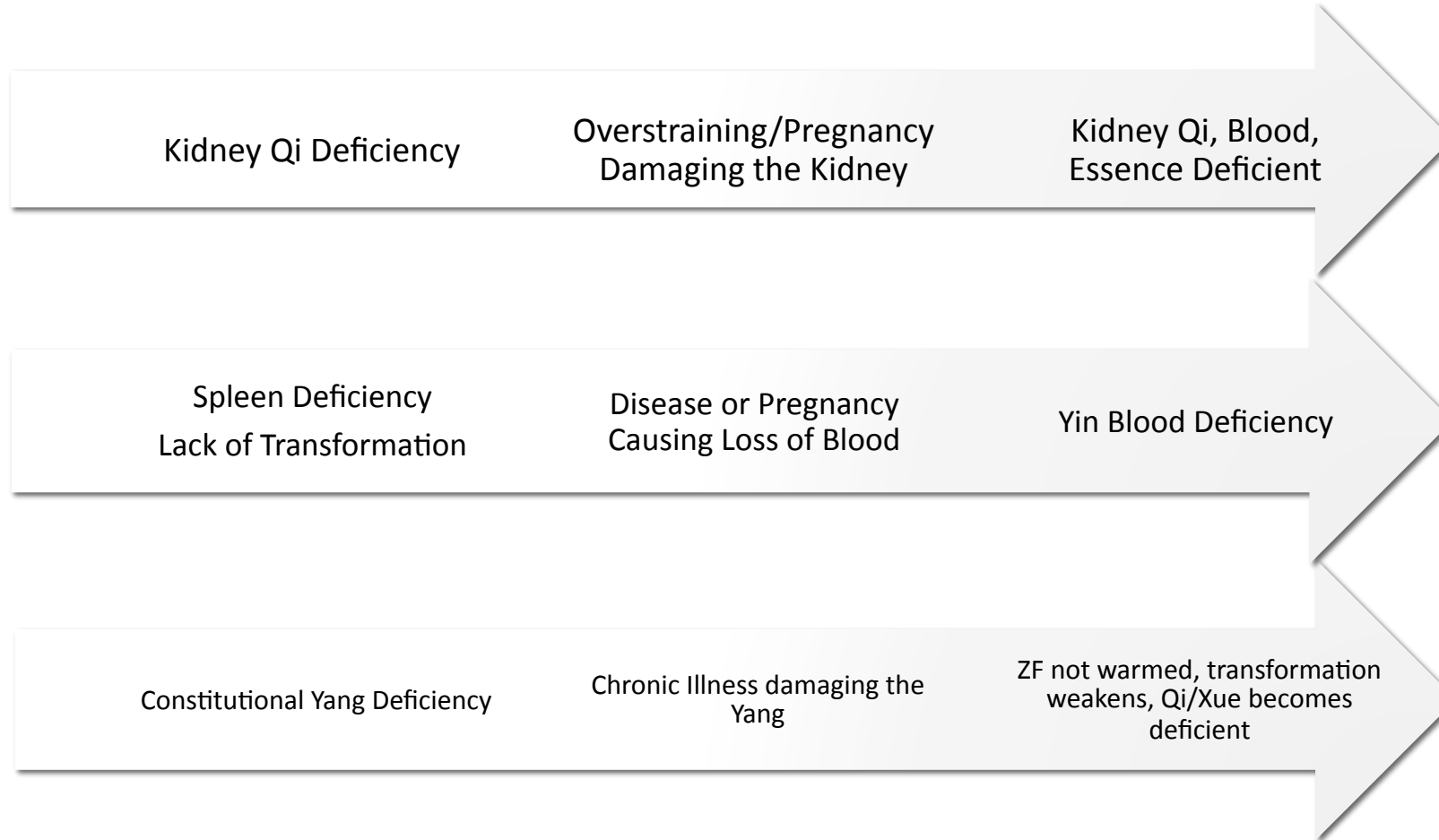
Deficient Coldness

Excess Coldness

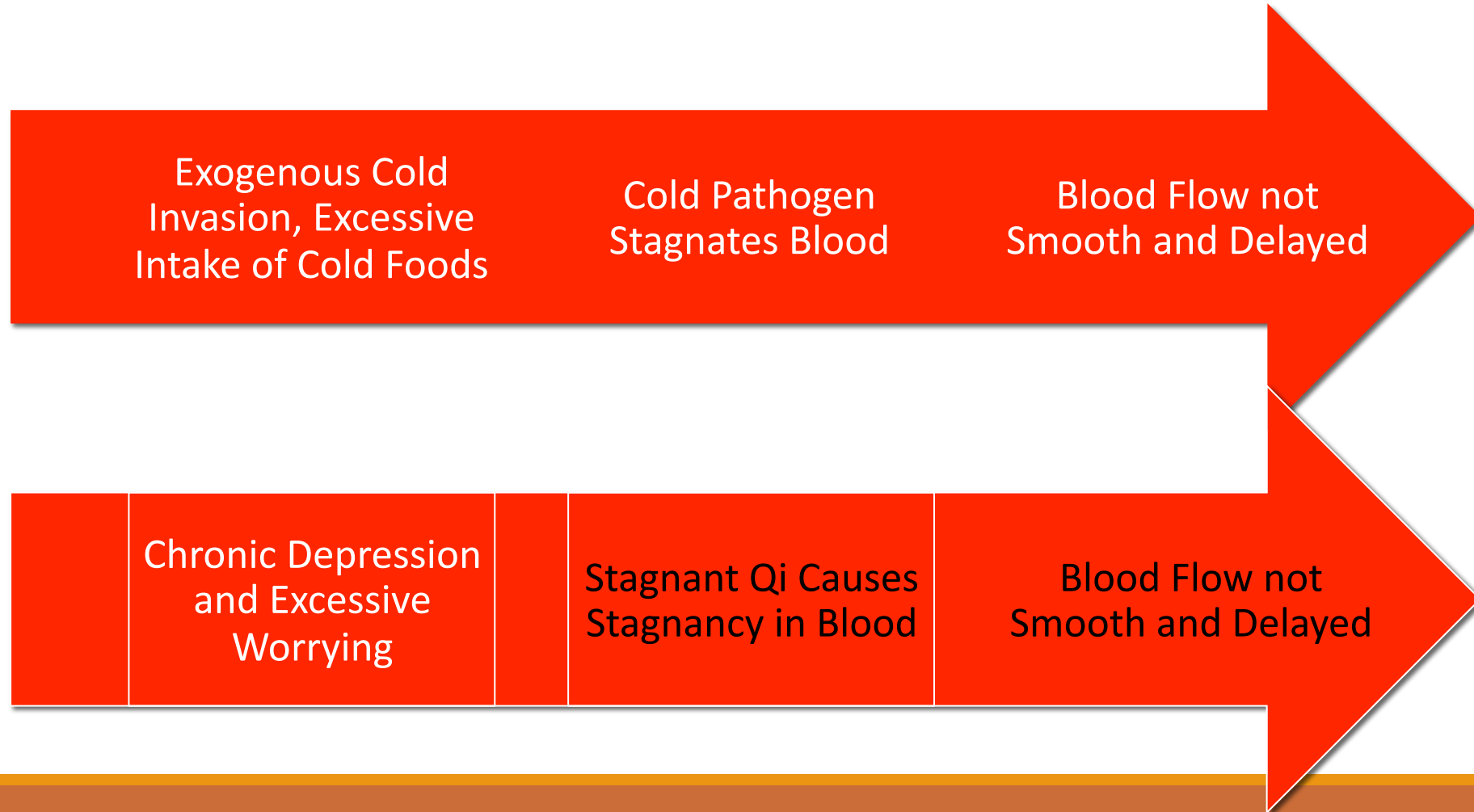
Qi Stasis



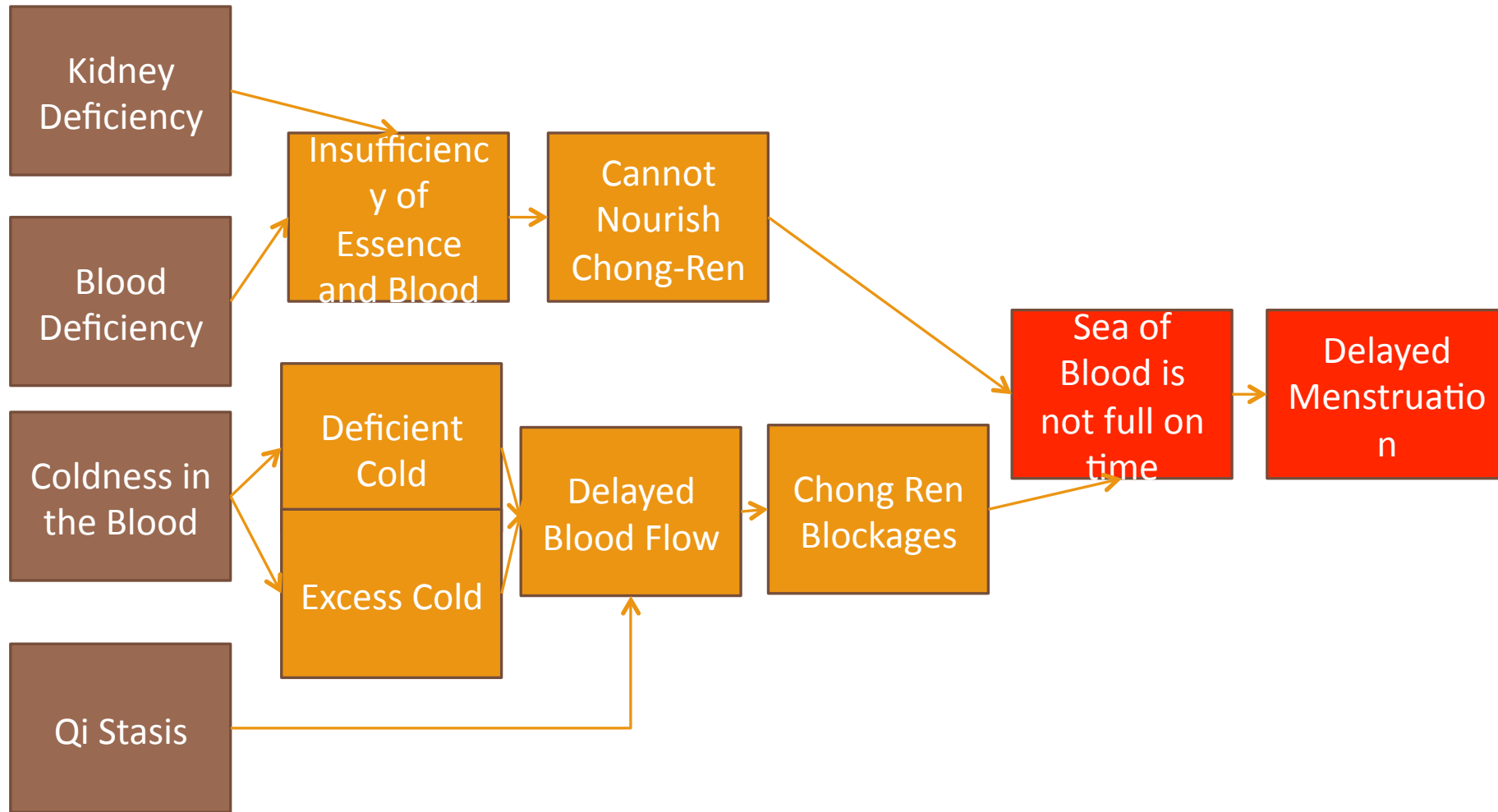
Etiology Deficiencies



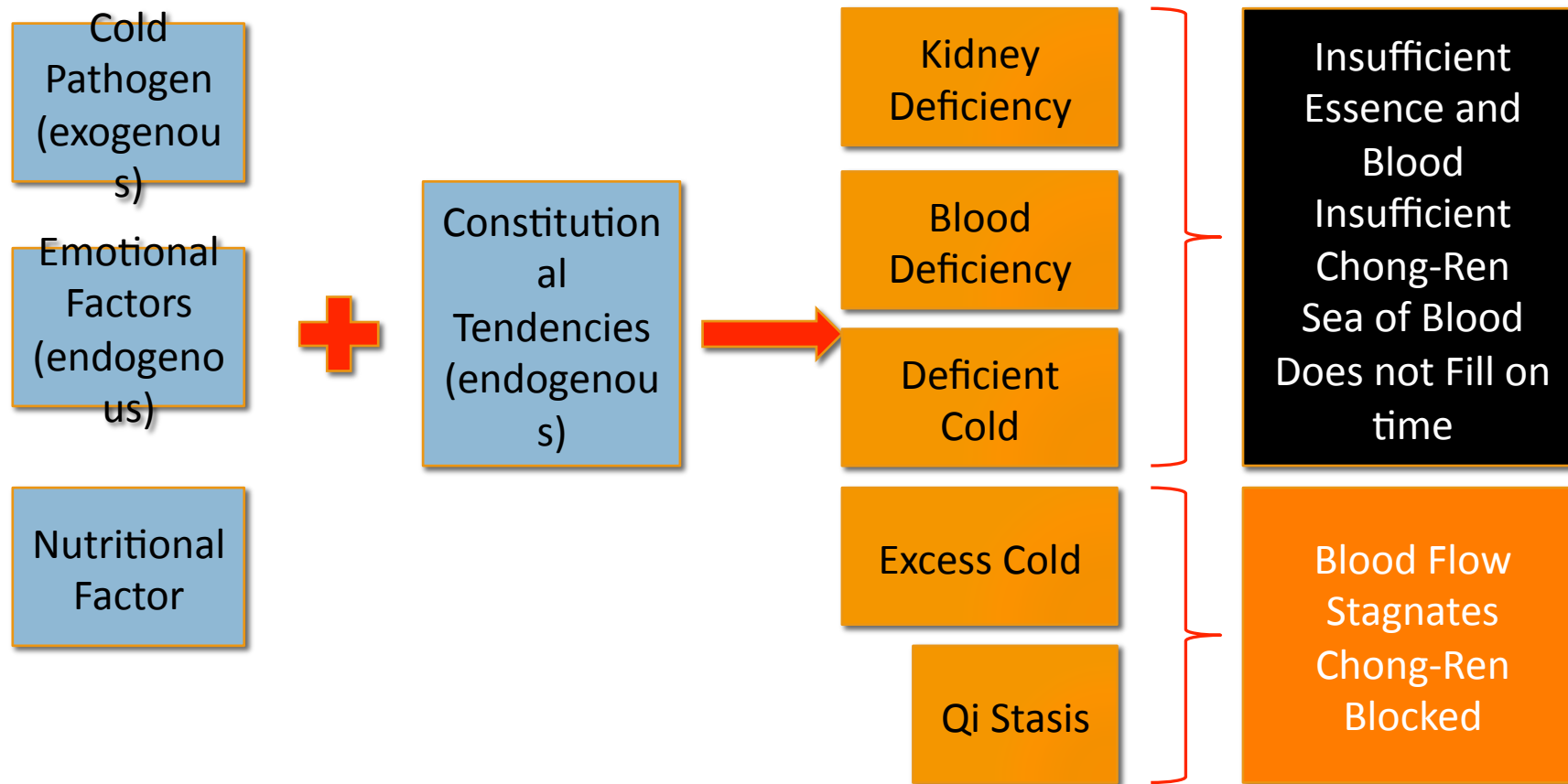
Etiology Excess



Pathology



Etiology and Pathology Summary



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

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



Differentiation in Syndromes

Conditions	Symptoms
Kidney Deficiency	Delayed scanty menstruation, color dark and pale, thin viscosity, sore back, and weak knee
Blood Deficiency	Delayed scanty menstruation, color pale and thin, vertigo and palpitation
Deficient Cold	Delayed scanty menstruation, color pale and thin, abdominal intermittent pain, desires warmth and aversion to cold
Excess Cold	Delayed scanty menstruation, color dark or with clots, abdominal cold pain aversion to pressure
Qi Stasis	Delayed scanty menstruation or normal menstrual flow, dark red color or with clots, abdominal distention with pain



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.



Condition	Herbal Formulation	Herbs
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. 當歸，熟地，山藥，杜仲，牛膝，山茱萸，炙甘草
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. 人參，山藥，熟地，杜仲，當歸，山茱萸，枸杞子，炙甘草。
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。
Excess Cold	<Liang Fang> Wen Jing Tang 良方溫經湯	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，莢朮，人參，甘草，牛膝。
Qi Stasis	Wu Yao Tang 烏藥湯	Wu Yao, Xiang Fu, Mu Xiang, Dang Gui, Gan Cao. 烏藥，香附，木香，當歸，甘草。



Acupuncture Treatments Delayed Menstruation

Syndromes	Formulation	Procedure
Kidney Deficiency	BL 23, GV 4, KI 3, CV 4, ST 36, SP 6	Tonification Method or with Moxa
Blood Deficiency	CV 6, CV 4, ST 29, CV 3, SP 6, ST 36	Tonification Method or with Moxa
Cold Blood – Deficient Cold	CV 4, CV 6, ST 29, SP 8, SP 6, ST 36, BL 32, ST 25.	Tonification Method or with Moxa
Cold Blood – Excess Cold		Sedation Method or with Moxa
Qi Stasis	SP 4, PC 6, LR 3, SP 6, SP 8, SP 10	Sedation Method and NO Moxa
Auricular	Ovary, Uterus, Kidney, Endocrine	Embedding or Needle



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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 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.



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?

Adolescence

Uncontrolled diabetes

Eating disorders

Hyperthyroidism or hypothyroidism

Hyperprolactinemia (an abnormally high concentration in the blood of prolactin, a protein hormone)

Medications, such as antiepileptics or antipsychotics

Perimenopause or premature ovarian failure

Polycystic ovary syndrome (PCOS)

Pregnancy

Stress and Travel



Etiology Irregular Menstrual Cycle

Emotional stagnation,
anger injuring the Liver

Deranged Liver Qi

Patency flow
dysfunction
causing Sea of
Blood dysfunction

Kidney Qi insufficiency, chronic
illness injuring the Kidney

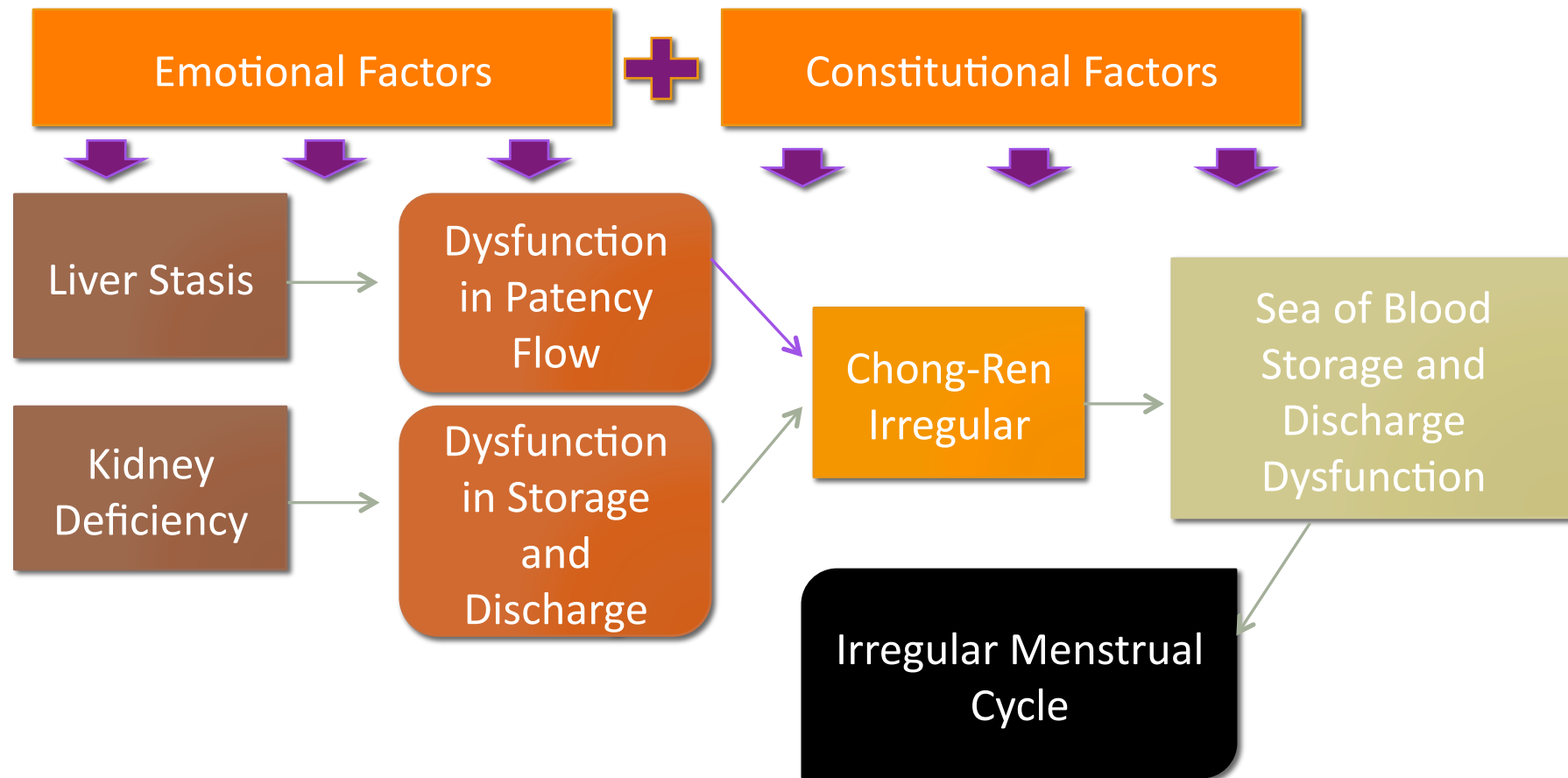
Weakened Kidney Qi

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



Pathology

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

Syndromes	Symptoms
Liver Stasis	Quantity more or less, dark flow, or with clots, abdominal distention, chest distention, pulse wiry
Kidney Deficiency	Quantity less, pale flow, minimal clots, lower back soreness, tongue pale, pulse thin and weak
Liver Stasis Kidney Deficiency	Quantity more or less, dark or pale flow, or with clots, abdominal distention, chest distention, lower back pain, pulse wiry and thin



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 逍遙散

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.

菟絲子，熟地，山茱萸，人參，山藥，炙甘草，五味子，遠志。

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 distending 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



Herbal Review

Syndromes	Herbal Formulation	Herbs
Liver Stasis	Xiao Yao San 逍遙散	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。
Kidney Deficiency	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. 菟絲子，熟地，山茱萸，人參，山藥，炙甘草，五味子，遠志。
Liver Stasis Kidney Deficiency	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。



Acupuncture Treatments Irregular Menstrual Cycle

Syndromes	Formulation	Procedure
Liver Stasis	BL 18, LR 14, CV 3, LR 3, SP 6	Sedation Method
Kidney Deficiency	CV 6, SP 6, BL 23, BL 20, ST 36, KI 8	Tonification Method or with Moxa
Liver Stasis and Kidney Deficiency	CV 6, LR 3, CV 3, SP 6, ST 36, PC 6	Even Method



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 王綿之

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 王綿之

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



Case #3 Irregular Menstrual Cycles

Dr. Wang, Mian Zhi 王綿之

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

