Integrative Woman’s Health Program

DAOSHING NI
Early Menstruation
月经先期
MENSTRUAL IRREGULARITIES 月经不调
Overview
Menstrual Disorders

Five areas of changes
- Cycle variations
- Inter-menstrual symptoms
  - Premenstrual, Postmenstrual, Midcycle
- Flow amount
- Flow color
- Flow quality
Overview
Menstrual Irregularities

Qi Deficiency
Blood Deficiency
Yin Deficiency
Kidney Deficiency
Spleen Qi Deficiency
Qi Stasis
Blood Stagnation
Heat in the Blood
Cold in the Blood
Phlegm Damp – Spleen Yang Deficiency
Etiology and Pathology

Weakening or injuring the Qi of Zang

Irregular Functions of the Zang Fu

Production and Flow of Qi and Blood Becomes Irregular

Chong Ren Channel Injuries

Menstrual Irregularities
Differentiation of Syndromes

Four Diagnosis
- Visual – Face, Tongue, Vaginal Discharge, Clots, Skin, Veins
- Auscultation and Olfaction – voice, abdominal sounds, vaginal smell, body smell, throat smell
- Palpation – Pulse, abdomen
- Inquiry – medical history, current and past

Eight Principles
- Yin/Yang
- Biao/Li
- Han/Re
- Xu/Shi
Treatment Principles

- Tonify Kidney
- Strengthen Spleen
- Pacify Liver

Regulate Qi Xue
Tonify Kidney

Replenish Essence and Blood

Support with Assisting Yang
Tonify Kidney

- Replenish Essence and Blood
- Support with Assisting Yang
- Yang Glow Yin Plenty
- Menstruation Regulates
Strengthen Spleen

- Source of Blood
- Strengthen Spleen Raise Yang
- Avoids Overly Pungent Greasy
- Menstruation Regulates
Pacify Liver

- Circulate Liver Qi
- Avoid Overly Pungent and Drying
- Avoid Consumption of BF and Yin
- Avoid Consumption of Liver Blood
- Menstruation Regulates
Regulate Qi Xue

REGULATE QI

Main Focus on Qi
  ◦ Tonify Qi
  ◦ Circulate Qi

Support Focus on Xue

REGULATE BLOOD

Main Focus on Xue
  ◦ Nourish Xue
  ◦ Circulate Xue

Support Focus on Qi
Besides the main treatment principle, Tonify Kidney and Strengthen the Spleen should always be in the background.
Menstruation conditions are frequently affected by the ovulation process. It is important to always infer possible menstrual problems to ovulation.

Menstrual irregularities can be caused by other conditions. Frequently treatment of other conditions can solve menstrual irregularities problems.

It is important to solve acute problems first such as abnormal heavy uterine bleedings before embarking on regulating cycles.
Early Menstruation
Case #1 Early Menstruation
Dr. Zhu, Nan Sun 朱南孫

32 YO, single; visit date 3/11

CC: early menstruation with dysmenorrhea 8 years

Menarche at 13, most of the time, periods are regular 5/26-30, moderate amount but with cramps. Age 19 joined track club running marathons, periods became 20-day cycles, amount and pain no change, Last August, she had two periods in one month, frequent fatigue, premenstrual breast distending pain, acne, restlessness, LMP 3/19, PMP 2/11, BBT biphasic, poor sleep, dry stools, pulse wiry rapid, tongue tip red, coating yellow greasy.
Overview and Definition

Early menstruation refers to when menstruation is 7 or more days early than usual period cycle and occurred for two or more consecutive cycles.

Classical Texts
- Jin Kui Yao Lue 金匱要略 – description of treatment of early menstruation due to stagnant blood
- Jing Yue Quan Shu 景岳全書 – Qi deficiency losing control can be one of the cause of Early Menstruation
What are the known causes?

- Young age
- Emergency morning after pill usage
- BCP use
- IUD
- STD
- Sudden loss or gain of weight
- Stress
- PCOS
- Miscarriages
- Implantation Bleeding
- Time Zone Change Travels
- Aging
- Other ovarian and Uterine Issues
Etiologies

Qi Deficiency
Heat in the Blood
Etiology
Qi Deficiencies

Constitutional Weakness or Poor Diet  Overstraining or Excessive Worries  Injuring Spleen Qi

Kidney Qi Deficient  Excessive Labor and Sex  Damaging Kidney
Etiology
Heat in the Blood

Hyperactivity of Yang with Exogenous Attack
Excessive Intake of Pungent Food
Hyperactivity of Yang

Heat in the Blood

Yin Deficiency
Damage Yin Consumption of Blood
Deficiency Heat
Heat in the Blood

Chronic Emotional Depression
Liver Qi Stasis
Chronic Stasis Turns to Fire – Heat in the Blood

Deficiency Heat
Heat in the Blood
Pathology

- Middle Qi Deficiency
- Kidney Qi Deficiency
- Hyperactivity of Yang - HB
- Liver Stasis - HB
- Deficient Heat - HB
- Losing Holding Control
- Losing Storage Control
- Heat Damages Chong Ren
- Heat Hidden In Chong Ren
- Chong Ren Losing Holding Control
- Unsettling of Sea of Blood
- Early Menstruation
Etiologies Summary

Heat Pathogen (Exogenous)

Emotional Factor (Endogenous)

Nutritional Factor (Other)

+ Constitutional Tendencies =

Qi Deficiency
Loss of Control
Chong/Ren Dysfunction

Heat in the Blood
Heat hides in Chong/Ren
Injuring Zigong
Diagnosis and Differentiation

Main Symptom: menstruation is 7 or more days early 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

May have history of PID

Early Luteal Phase: follicular time no change while luteal phase has shortened. (luteal phase defect – BBT, Endo Biopsy)

Early Ovulatory Phase: follicular time shortened while luteal phase no change. (BBT, TVS, CD2-3 E2)

Early Ovulation/Luteal Phase: both follicular/luteal phases have shortened. (BBT, TVS, CD2-3 E2, Endo Biopsy)
Normal BBT

![Graph showing Basal Temperature over 28 days with a peak around Day 14 indicating ovulation.](image)
Abnormal BBT
Endometrial Biopsy
Hormonal Cycle
DifDiag: Early Menstruation vs. Inter-menstrual Bleeding

<table>
<thead>
<tr>
<th></th>
<th>Early Menstruation</th>
<th>Inter-menstrual Bleeding (Ovulatory Bleeding)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shared symptoms</strong></td>
<td>Bleeding 7 or more days earlier</td>
<td>Bleeding around CD 12-CD 16</td>
</tr>
<tr>
<td><strong>Differentiated symptoms</strong></td>
<td>Shorter cycle but quality, amount, and days of flow are basically the same as usual</td>
<td>Bleeding amount much less, and shorter in days (2-3 days)</td>
</tr>
</tbody>
</table>
Differentiation of Syndromes (DS) – Table 1

<table>
<thead>
<tr>
<th>Syndromes</th>
<th>Menstrual Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Quantity</td>
</tr>
<tr>
<td>Qi Deficiency</td>
<td></td>
</tr>
<tr>
<td>SP Qi Def</td>
<td>More</td>
</tr>
<tr>
<td>KI Qi Def</td>
<td>More or less</td>
</tr>
<tr>
<td>Heat in the Blood</td>
<td></td>
</tr>
<tr>
<td>Hyper Yang</td>
<td>More</td>
</tr>
<tr>
<td>Yin Def</td>
<td>Less &gt; More</td>
</tr>
<tr>
<td>Liver Stasis</td>
<td>More or Less</td>
</tr>
<tr>
<td>Syndrome</td>
<td>Body Symptoms</td>
</tr>
<tr>
<td>-------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Qi Deficiency</td>
<td></td>
</tr>
<tr>
<td>SP Qi Def</td>
<td>Fatigue, dyspnea, weak voice, pelvic prolapse feeling, poor appetite, loose stools</td>
</tr>
<tr>
<td>KI Qi Def</td>
<td>Vertigo, tinnitus, lumbago, dark face with dark spots</td>
</tr>
<tr>
<td>Hyper Yang</td>
<td>Restless, thirst, red face, constipation, yellow urine</td>
</tr>
<tr>
<td>Yin Def</td>
<td>Flushed face, palms-soles heat, dry throat and mouth</td>
</tr>
<tr>
<td>Liver Stasis</td>
<td>Chest or hypochondriac or breast, or pelvic distention, restlessness, irritability, bitter mouth, dry throat</td>
</tr>
</tbody>
</table>
## Treatment Principles (TP)

<table>
<thead>
<tr>
<th>Syndromes</th>
<th>TP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spleen Qi Deficiency</td>
<td>Tonify Spleen Qi</td>
</tr>
<tr>
<td>Kidney Qi Deficiency</td>
<td>Tonify Kidney Qi</td>
</tr>
<tr>
<td>Heart-Spleen Deficiency</td>
<td>Nourish Heart and Spleen</td>
</tr>
<tr>
<td>Spleen-Kidney Deficiency</td>
<td>Tonify Spleen and Kidney</td>
</tr>
<tr>
<td>Hyperactivity of Yang HB</td>
<td>Clear Heat and Cools Blood</td>
</tr>
<tr>
<td>Yin Deficiency HB</td>
<td>Nourish Yin and Clear Heat</td>
</tr>
<tr>
<td>Liver Stasis HB</td>
<td>Pacify Liver and Clear Heat</td>
</tr>
</tbody>
</table>

HB – Heat in the Blood
# Herbal Therapies

<table>
<thead>
<tr>
<th>Syndromes</th>
<th>Formulation</th>
<th>Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spleen Qi Def</td>
<td>Bu Zhong Yi Qi Tang 補中益氣湯</td>
<td>Ren Shen, Huang Qi, Gan Cao, Dang Gui, Chen Pi Sheng Ma, Chai Hu, Bai Zhu</td>
</tr>
<tr>
<td>Kidney Qi Def</td>
<td>Gu Yin Jian 固陰煎</td>
<td>Tu Si Zi, Shu Di, Shan Zhu Yu, Ren Shen, Shan Yao, Zhi Gan Cao, Wu Wei Zi, Yuan Zhi</td>
</tr>
<tr>
<td>Hyperactivity of Yang HB</td>
<td>Qing Jing San 清經散</td>
<td>Dan Pi, Di Gu Pi, Bai Shao, Shu Di, Qing Hao, Huang Bo, Fu Ling</td>
</tr>
<tr>
<td>Yin Deficiency HB</td>
<td>Liang Di Tang 兩地湯</td>
<td>Sheng Di, Di Gu Pi, Xuan Shen, Mai Dong, A Jiao, Bai Shao</td>
</tr>
<tr>
<td>Liver Stasis HB</td>
<td>Dan Zhi Xiao Yao San 丹梔逍遙散</td>
<td>Dan Pi, Shan Zhi Zi, Chai Hu, Dang Gui, Bai Shao, Bai Zhu, Fu Ling, Sheng Jiang, Gan Cao, Bo He</td>
</tr>
</tbody>
</table>
Spleen Qi Deficiency
Bu Zhong Yi Qi Tang

補中益氣湯
Ren Shen, Huang Qi, Gan Cao, Dang Gui, Chen Pi Sheng Ma, Chai Hu, Bai Zhu

During menstruation with heavy bleeding, get rid of Dang Gui and add appropriate amount of Long Gu, Mu Li to control bleeding.
Kidney Qi 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

Heavy bleeding add Shan Zhu Yu and Pao Jiang.
Hyperactivity of Yang HB
Qing Jing San

清經散
Dan Pi, Di Gu Pi, Bai Shao, Shu Di, Qing Hao, Huang Bo, Fu Ling

Heavy bleeding – rid of Fu Ling, add Di Yu and Qian Cao
Yin Deficiency
Liang Di Tang

兩地湯
Sheng Di, Di Gu Pi, Xuan Shen, Mai Dong, A Jiao, Bai Shao
Heavy bleeding – add Nu Zhen Zi, Han Lian Cao, Di Yu
Liver Stasis HB
Dan Zhi Xiao Yao San

Heavy bleeding – rid of Dang Gui, add Qian Cao, Di Yu, Mu Li
## Acupuncture Treatments
### Early Menstruation

<table>
<thead>
<tr>
<th>Syndromes</th>
<th>Formulation</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spleen Qi Def</td>
<td>ST 36, SP 6, CV 6, CV 4, BL 20</td>
<td>Tonification Method or with Moxa</td>
</tr>
<tr>
<td>Kidney Qi Def</td>
<td>BL 23, CV 4, CV 3, KI 10, KI 3</td>
<td>Tonification Method or with Moxa</td>
</tr>
<tr>
<td>Hyperactivity of Yang HB</td>
<td>LI 11, CV 3, SP 10, KI 5,</td>
<td>Sedation Method and NO Moxa</td>
</tr>
<tr>
<td>Yin Deficiency HB</td>
<td>KI 2, KI 6, LR 8, SP 6</td>
<td>Tonification Method and No Moxa</td>
</tr>
<tr>
<td>Liver Stasis HB</td>
<td>SP 8, SP 10, SP 6, LR 2, BL 18</td>
<td>Sedation Method and NO Moxa</td>
</tr>
<tr>
<td>Auricular Acupuncture</td>
<td>Ovary, Endocrine, Uterus</td>
<td>Embedding or Needle</td>
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Case #1 Early Menstruation
Dr. Zhu, Nan Sun 朱南孫

Early Menstruation, Dysmenorrhea

Liver Heat, Kidney Deficiency, Chong Ren Regulation function weak, Yin Blood consumption, Liver Heat increases, therefore premenstrual breast distending pain, restlessness, dry stools, pulse wiry rapid, etc.

Clear Liver, Benefit Kidney, Regular Chong Ren

Sheng Di 15, Huang Qin 6, Zhi Mu 12, Di Gu Pi 12, Huang Qi 15, Chuan Duan 12, Du Zhong 12, Sang Ji Sheng 12, Zhu Ma Gen 20, Sang Biao Xiao 12, Yi Yi Ren 15, Bai Zhu 9

12 bags, one bag daily
Case #1 Early Menstruation
Dr. Zhu, Nan Sun 朱南孫

Second Visit 3/25, CD 15

Occasional irritability, acne, dry stools, frequent urination, pulse thin wiry, tongue slightly red, coating yellow greasy,

Sheng Di 15, Bai Shao 12, Huang Qin 6, Zhi Mu 12, Qing Hao 9, Di Gu Pi 12, Sang Ji Sheng 12, Zhu Ma Gen 20, Sang Biao Xiao 12, Jin Ying Zi 12, Chai Hu 6, Yan Hu Shuo 6. 10 bags, one bag daily
Case #1 Early Menstruation
Dr. Zhu, Nan Sun 朱南孫

Third Visit 4/15, LMP 4/4 (24)

Prolapse feeling of external genitalia, no dysmenorrhea, regular irritability, sweating, recent breast tenderness for two days, dry mouth, appetite good, pulse thin wiry, tongue slightly red, coating yellow greasy

Sheng Di 15, Bai Shao 12, Nv Zhen Zi 12, Han Lian Cao 12, Xia Ku Cao 15, Xu Duan 12, Sang Ji Sheng 12, Zhu Ma Gen 20, Sang Biao Xiao 12, Yin Hua 9, Gan Cao 6. 12 bags, one bag daily
Dr. Zhu, Nan Sun

1921-

Professor at Shanghai University of TCM, third generation practitioner.

Grandfather – Zhu, Nan Shan

Father – Zhu, Xiao Nan

Focus – Yi Gui are the same source, 乙癸同源.