

# TCM OBGYN Fundamentals

## Part II

### Physiology and Etiology

Integrative Women's Health Program

# TCM Reproductive Endocrinology

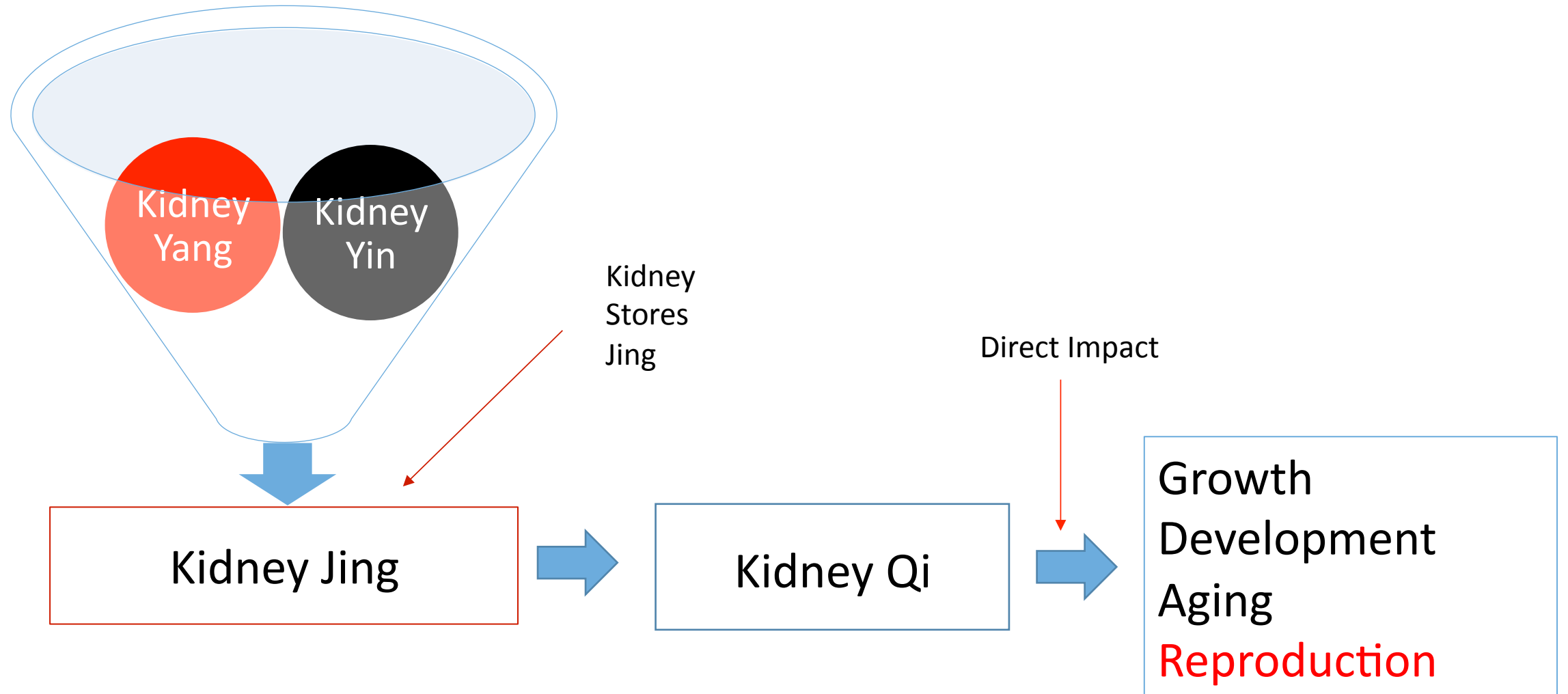
- Based on Huang Di Nei Jing 7 x 7 framework
- Focused on the interplay between Kidney Qi, Tian Kui, Chong Ren, and Zi Gong.



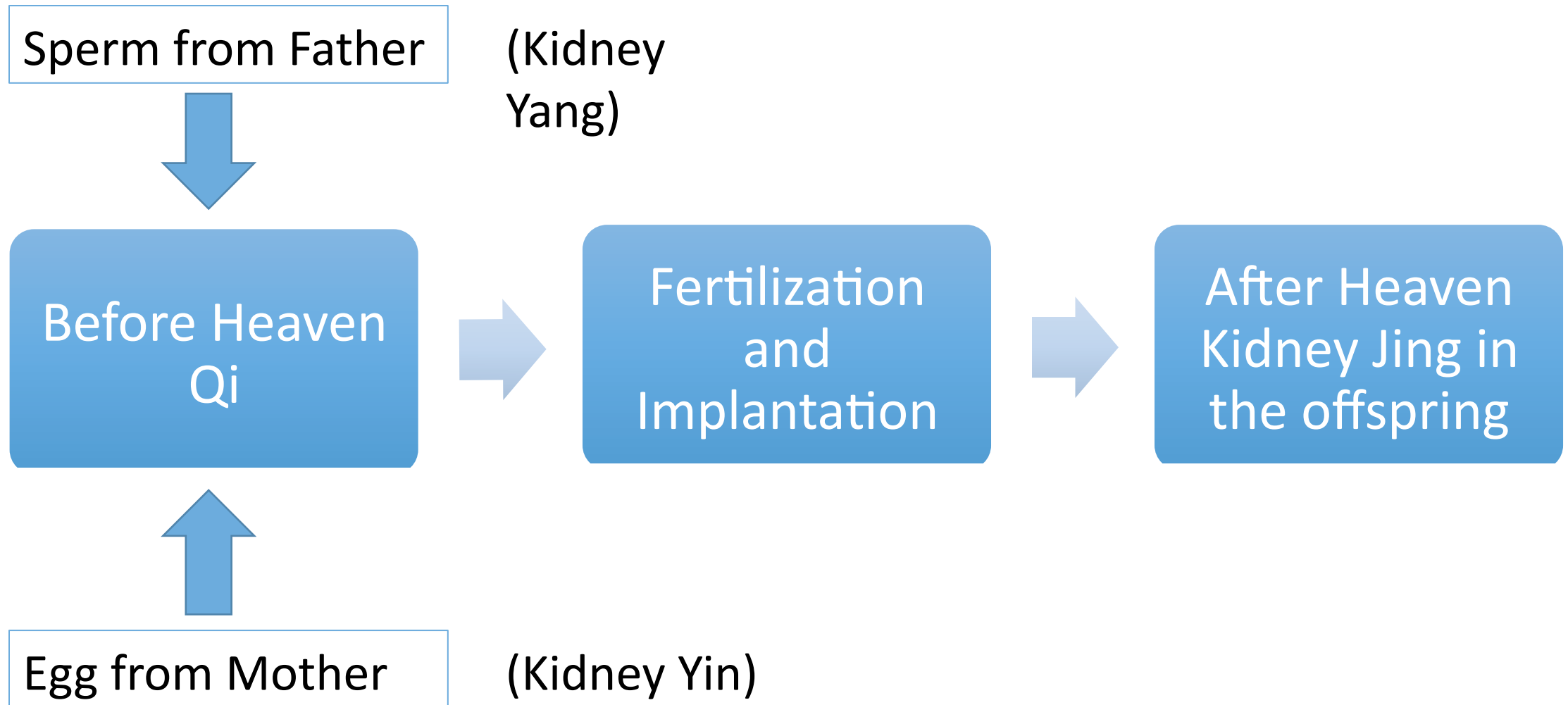
# Foundation for Reproduction



# Kidney Qi and Reproduction



# Formation of Kidney Jing



# Ming Men 命门

The Gate of Life

# Ming Men – The Gate of Life 命门

- The concept of Ming Men –The Gate of Life or Life-Gate, along with the concept of Xiang Huo-Ministerial Fire have gone through stages of definitions and development. It is yet to be finalized completely today.
- The first sightings of this term appeared in Huang Di Su Wen, Huang Di Ling Su and Nan Jing – Classics of Difficulties.
- Ming Men 命门 has undergone three distinct definitions. Ranging from the Right Kidney is Ming Men to Ming Men is a part of both Kidneys to Ming Men is in-between both Kidneys.
- The term very first appeared briefly in Nei Jing Ling Su 内经素问, “Ming Men are our eyes”.

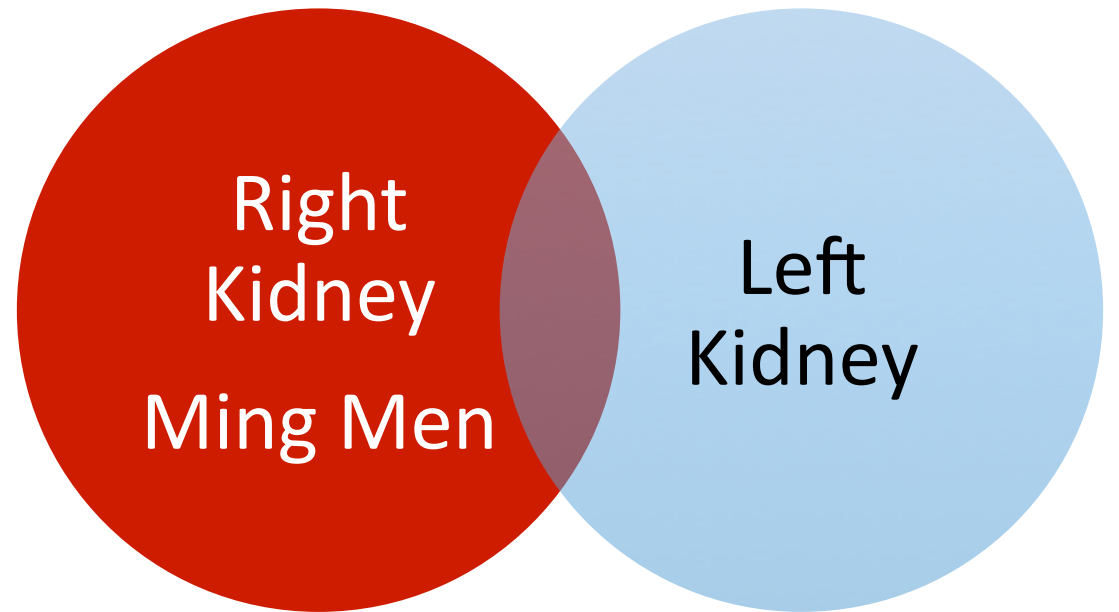
# What is Ming Men (The Gate of Life) 命门? Right Kidney is Ming Men?

- <Nan Jing – 36 Difficulties 难经36难> “Kidneys are not all kidneys. Left Kidney is Kidney but right Kidney is Ming Men.”, “Ming Men houses essence and spirit, and connects to the Source Qi. It is the place where man stores essence and in woman, it controls the ovulation, pregnancy process and connects to the Zi Gong.”
- “Five Zang is actual Six Zang because Kidney has two. Left is Kidney and right is Ming men.” The above statement that Left is Kidney and Right is Ming Men is another Zang organ to make Six Zang instead of Five-Zang organ system.



# Further Elaboration on the Right Kidney is Ming Men Concept

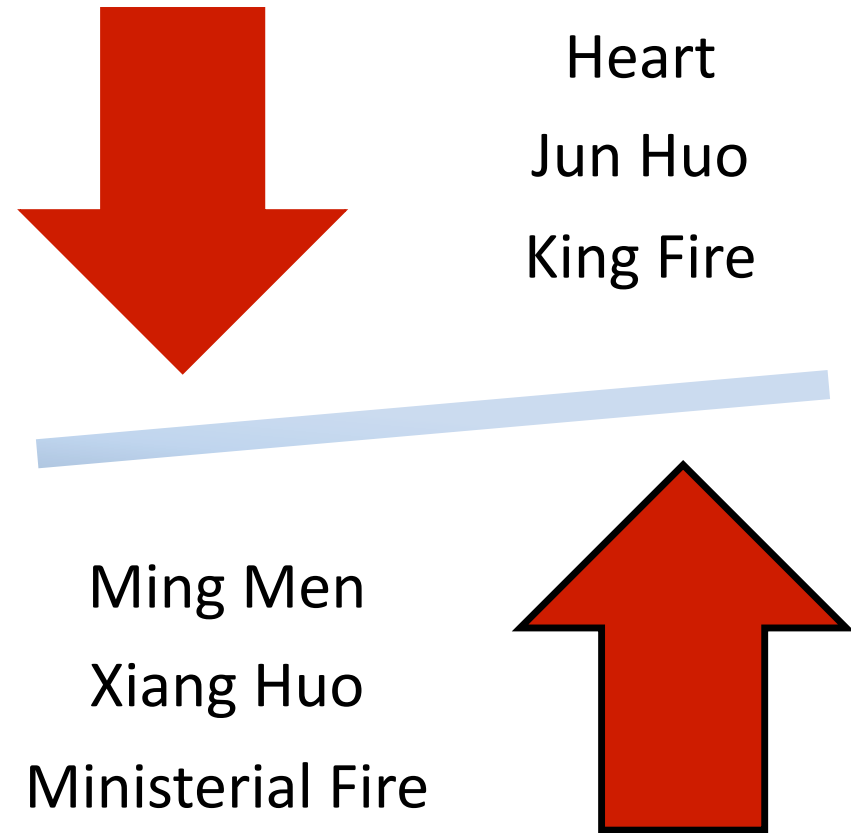
- <Yi Xue Ru Men 医学入门> Ming Men is housed in Right Kidney connects to the Bladder below and Pericardium above, life and death depends on it.”
- <Mai Jing – The Pulse Classics 脉经> Left Chi pulse detects Kidney and Right Chi pulse detects Ming Men.



# Ming Men – Xiang Huo Relationship

## Subsequent Understandings

- Liu, Wan Su: Heart is Jun Huo (King Fire) and Mingmen is Xiang Huo (Ministerial Fire).
- Ming Men is the beginning of heaven and earth, stores essence and produces blood.
- Left Kidney is water, storing essence and controls uterus. Right Kidney is fire, wandering into Sanjiao, warming up the body.
- Liu, Wan Su is the first physician that established the Ming Men Doctrine



# Mingmen

## Liu, Wan Su 刘完素

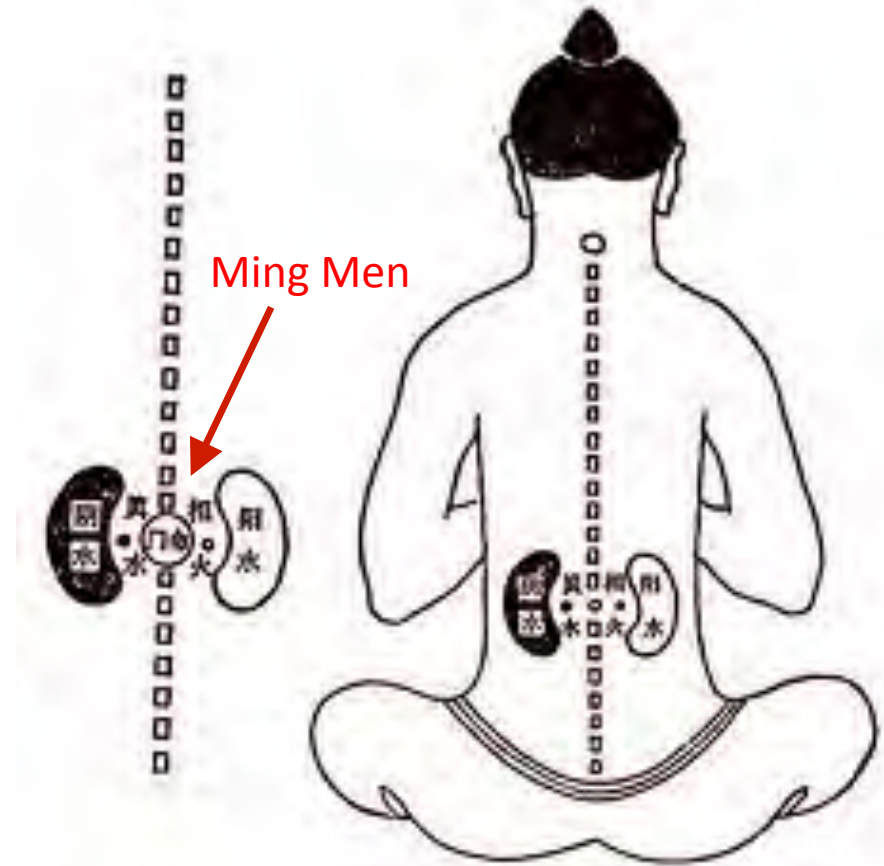
- Mingmen is the source of Xiang Huo, the beginning of heaven and earth, stores essence and produces blood.
- Later years, Sun, Yi Kui 孙一奎, Zhao, Xian Ke 赵献可, and Zhang Jing Yue 张景岳 all have contributed greatly to this doctrine and created a new Zang concept.

# Shift to Ming Men is inclusion in both Kidneys

- <Yi Xue Zheng Zhuang 医学正传>, “Since both kidneys are the source of true beginning, life force depends on it. Even though it is a water Zang organ, Its nature included Ministerial Fire within it. I believe both Kidneys are Ming Men.”
- <Lei Jing Tu Yi 类经图翼> “Ming Men is the house of both water and fire. It is the house of both Yin and Yang. It is the Sea of Jing Qi. It is the decision maker of Life and Death.”

# Ming Men is between both Kidneys

- Zhao, Xian Ke 赵献可 in his book <Yi Guan 医贯> stated that Ming Men is NOT in both Kidneys but in-between both Kidneys right on the spinal cord.
- Zhang, Jie Bin 张介宾 further elaborated on the Ming Men is the source for the formation of both Kidney Yin and Yang.



# Mingmen

## Zhao, Xian Ke 赵献可

- Mingmen resides in the middle between both kidneys, it is the king of all Zang Fu. Its functions dominates over all Zang Fu. It is before heaven while the Zang Fu is after heaven.
- Kidney has forms and belongs to water element. Mingmen has not form and belongs to the fire element. One Yang within Two Yins (like Kan Trigram 坎). Only when there is Yang within Yin can we have life, therefore Mingmen Fire is always in the leading position.

# Kan Gua 坎卦 ☵



# Ming Men

Sun, Yi Kui 孙一奎

- Mingmen is the moving Qi of the body. 动气
- Mingmen is the moving Qi between both kidneys
- It is not water and it is not fire.
- It is the switch for transformation and the root for Yin/Yang. It is the Tai Ji of the body. Five elements (Zangfu) forms from Tai Ji.



# Ming Men

## Zhang, Jing Yue 张景岳

- Ming Men is the Tai Ji of our body. It is the source of life and gives rise to Yin-Yang, Five Elements, and essence and Qi. Mingmen embraces both Water and Fire elements.
- Tai Ji is one that gives rise to two, two to four, four to eight, eight to sixteen and to infinity.

內景圖

心系七節。七節之候中有小心以  
腎系十四椎下。由  
下而上。亦七節也。



舊圖有精道循脊背。過肛門者。甚屬非理。而  
且無子宮命門之象。皆大失也。今改正之。

Mingmen is positioned  
between UB and Large Intestines

# 12 governors

- Huang Di Su Wen, "Heart is the Lead Governor of the Body. Heart is the leader and one of the 12 governors. When the Heart is not clear, all 12 governors are in danger." Since Heart is one of the 12 governors, there must be another organ in play. 5 Zang + 6 Fu = 11. The additional governor is Ming Men."

# Zhao, Xian Ke 赵献可 <Yi Guan 医贯>

- Huang Di Su Wen, “At the 7<sup>th</sup> vertebrae, there is a small Heart in the center” This is counting from the bottom of L5 upward.
- Ming Men is located below 14<sup>th</sup> vertebrae counting from the base of the neck on the Du Channel (GV4) and the Kidneys are 1.5 Cun lateral to Ming Men. The Right Kidney houses Ministerial Fire and the Left Kidney houses True Water.
- The True Water follows the Ming Men Fire, flowing throughout the body providing Yang Energy from 5-7 am to 3-5 pm, providing Yin Energy from 5-7 pm to 3-5 am. When it is stagnant, the body will get sick. When it stops, the body dies.

# Bao 胞

## Embryonic

- Both women and men have a so called 'Bao', an energetic area situated in the Dan Tian (Lower Field of Elixir) approximately three cun below the umbilicus.
- In women this where the Uterus houses; also referred to as 'the blood chamber' (Xue Shi). In men it is called the cinnabar field or 'the room of sperm'.
- The term for Uterus, when used in a Chinese medicinal context translates as Bao Gong or Zi Gong, meaning 'baby's wrapper or palace'; it encompasses the fallopian tubes, ovaries, endometrium and cervix.
- The Bao Gong is said to be connected through special channels with the Kidneys and Heart, respectively the Bao Luo (Uterus-Channel) and Bao Mai (Uterus-Vessel). Extraordinary meridians like the Ren-, Chong-, and Du Mai.

# Tian Gui 天癸

## Heavenly Water

- Tian Gui or Heavenly Water is a manifestation of Kidney Jing (Essence). In females Tian Gui is the material basis for menstrual blood, in men for sperm production.
- It is formed by Kidney Yin with the support of Heart-Yang. Also the Liver and Spleen play a part in this process, the first among other things; by storing Blood and moving Blood to the Uterus and the second contributes to the formation of Blood and Qi by transforming food/ Post-natal Qi into Xue.
- The arrival of Tian Gui is related to menarche and the cessation of the Tian Gui to menopause.

# Fu Qing Zhu 傅青主 on Menstruation

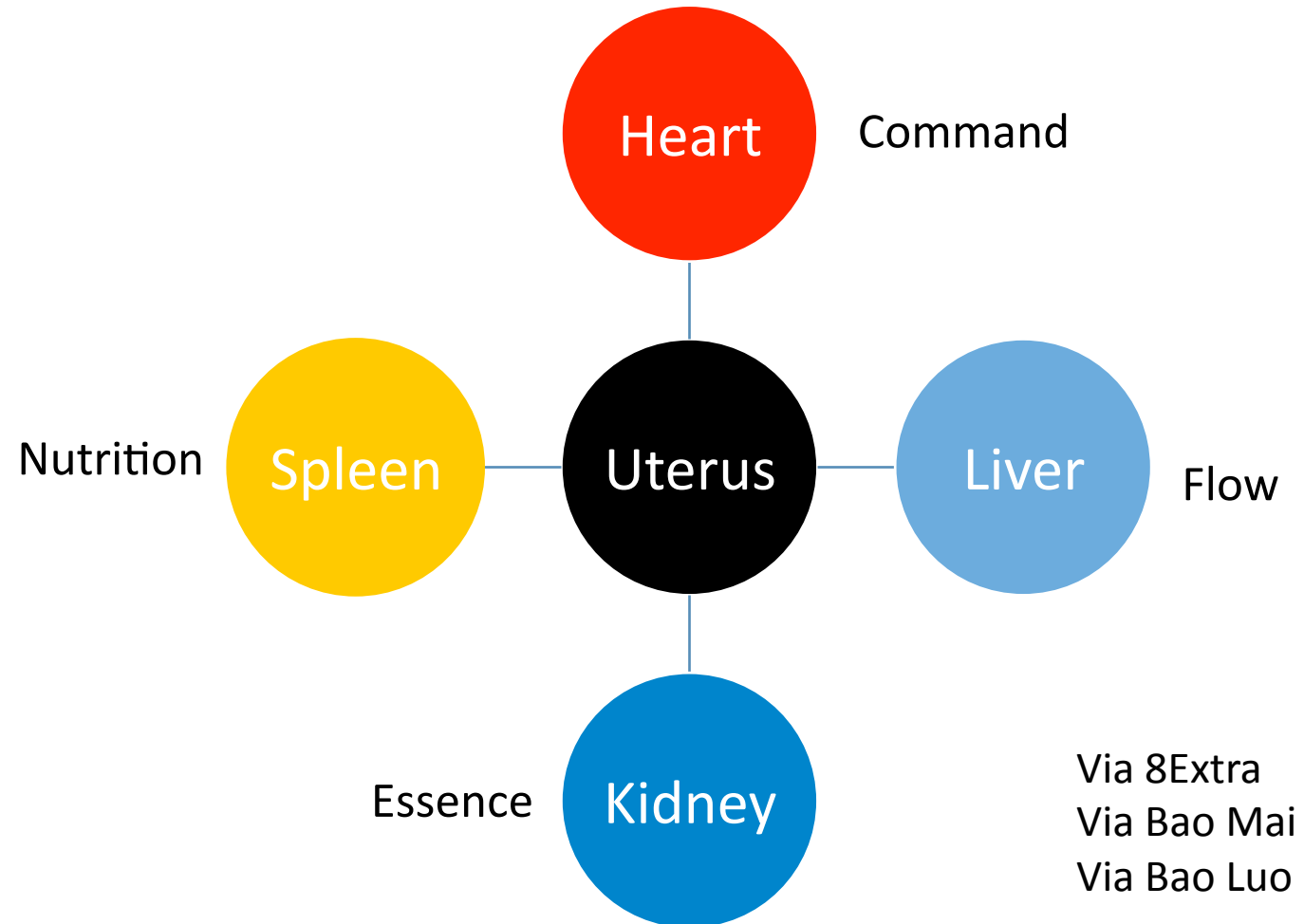
- “Menstrual blood is not Blood but Heavenly Water, originating within the Kidneys, it is the Essence of extreme Yin and Qi of extreme Yang. It is red like blood but is not blood. That’s why it is called Heavenly Gui. People nowadays regard menstrual blood as Blood, a mistake perpetuated for 1000 years...in fact it is not called Blood-Water (Xue Shui) but menstrual water (Jing Shui)...the generation of Kidney Water (and therefore menstrual blood) has nothing to do with Heart, Liver and Spleen, but the transformation of Kidney Water is helped by Heart, Liver or Spleen”

# Menstruation

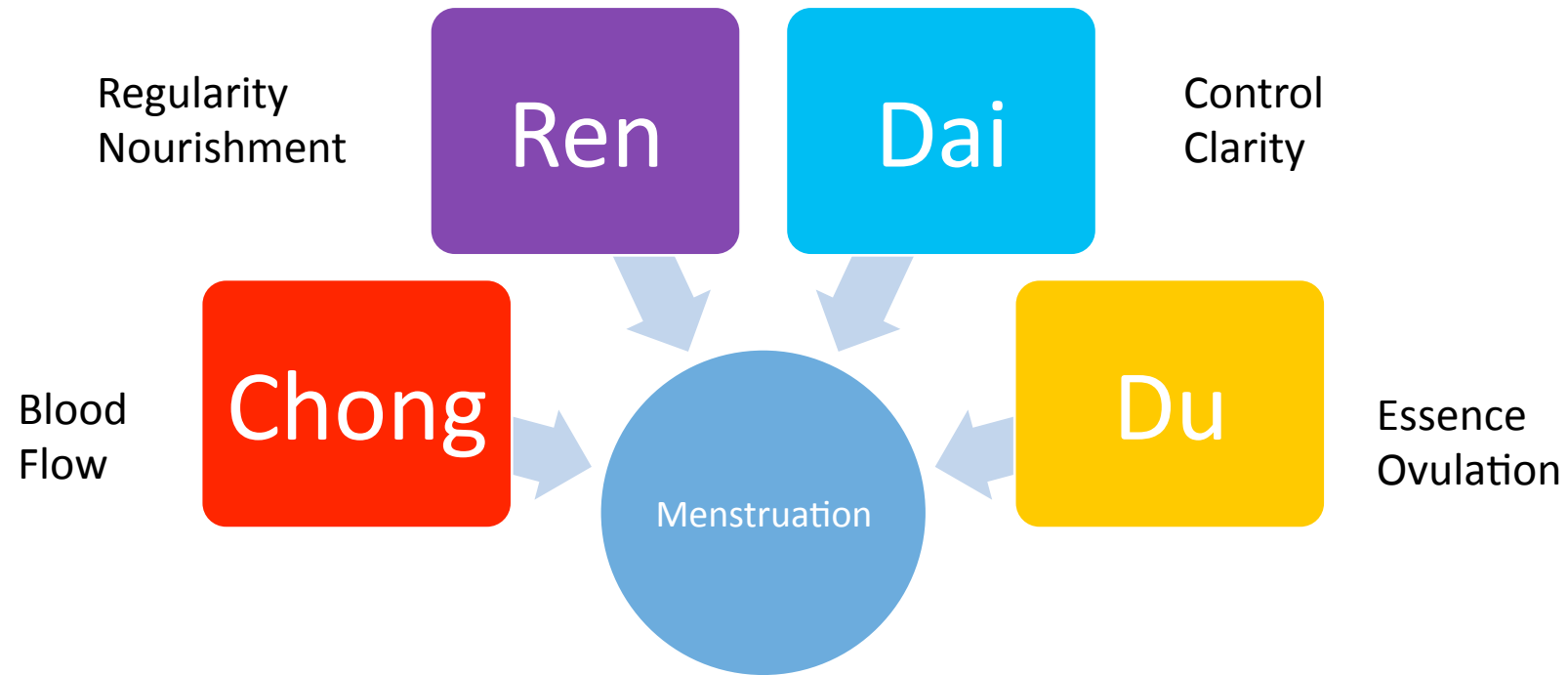
- Chinese Medicine describes the menstrual cycle in terms of the effect of Qi and Xue and Yin and Yang on the Uterus. Broadly viewed it is a cyclic waxing and waning of Yin and Yang.
- Yin relates to the Western follicular phase of the menstrual cycle and estrogen. Yang on the other hand relates to the luteal phase or secretory phase and progesterone.



# Uterus and Zang Organs



# 8Extra and Menstruation



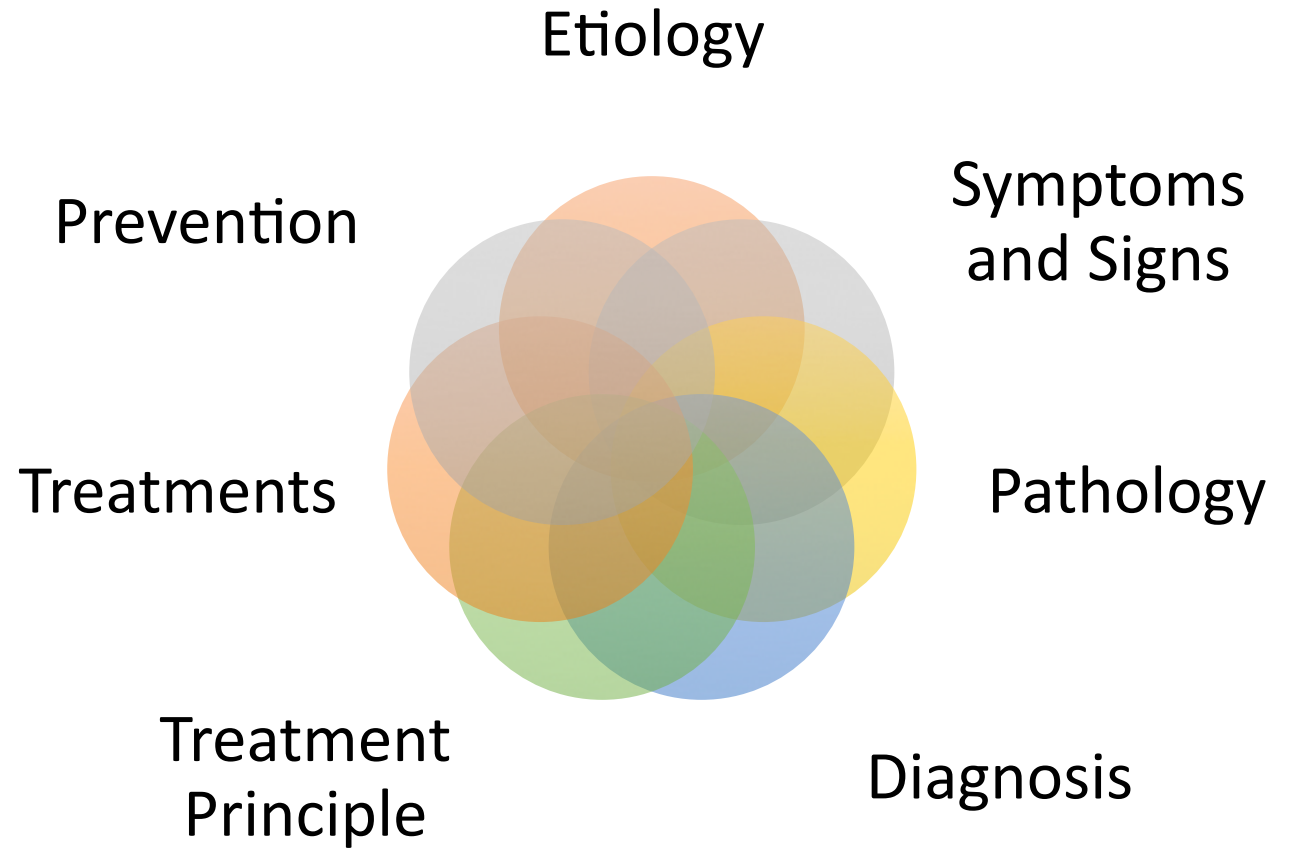
# Four Phases of Menstruation

- Follicular Phase – Blood Yin are empty and being rebuilt
- Ovulatory Phase – Chong and Ren are filled, a spark of Yang
- Luteal Phase – Yang Qi rises and Liver Qi moves
- Menstrual Phase – Flow of Liver Qi and Xue

# TCM OBGYN

7 Rings of Clinical Care

Etiology and Pathology



## 2 Polarity of Etiology

Constitutional Immunity/Factor

Zheng-Righteous 正, Xie-Evil 邪

Zheng-Righteous  
Anti-Pathogenic  
Force

Xie-Evil  
Pathogenic Force

# 3 Types of Etiology

## Exogenous, Endogenous, Others

- Exogenous – Invasion of Pathogens from the outside of the body
  - Six Exogenous Pathogens – Wind, Fire, Damp, Dryness, Cold, Summer Heat
  - Though our body is capable in producing these pathogens endogenously.
- Endogenous – Imbalances created internally, inside of the body.
  - Seven Emotions – Joy, Anger, Anxiety, Thought, Grief, Fear and Fright.
- Others – Dietary Causes, Overworking Causes, Sexual Causes, Trauma, Cuts and Lacerations, Insects/Animals.

# Six Exogenous Pathogens

## TCM OBGYN

Wind

风邪

Cold

寒邪

Damp

湿邪

Heat

热邪

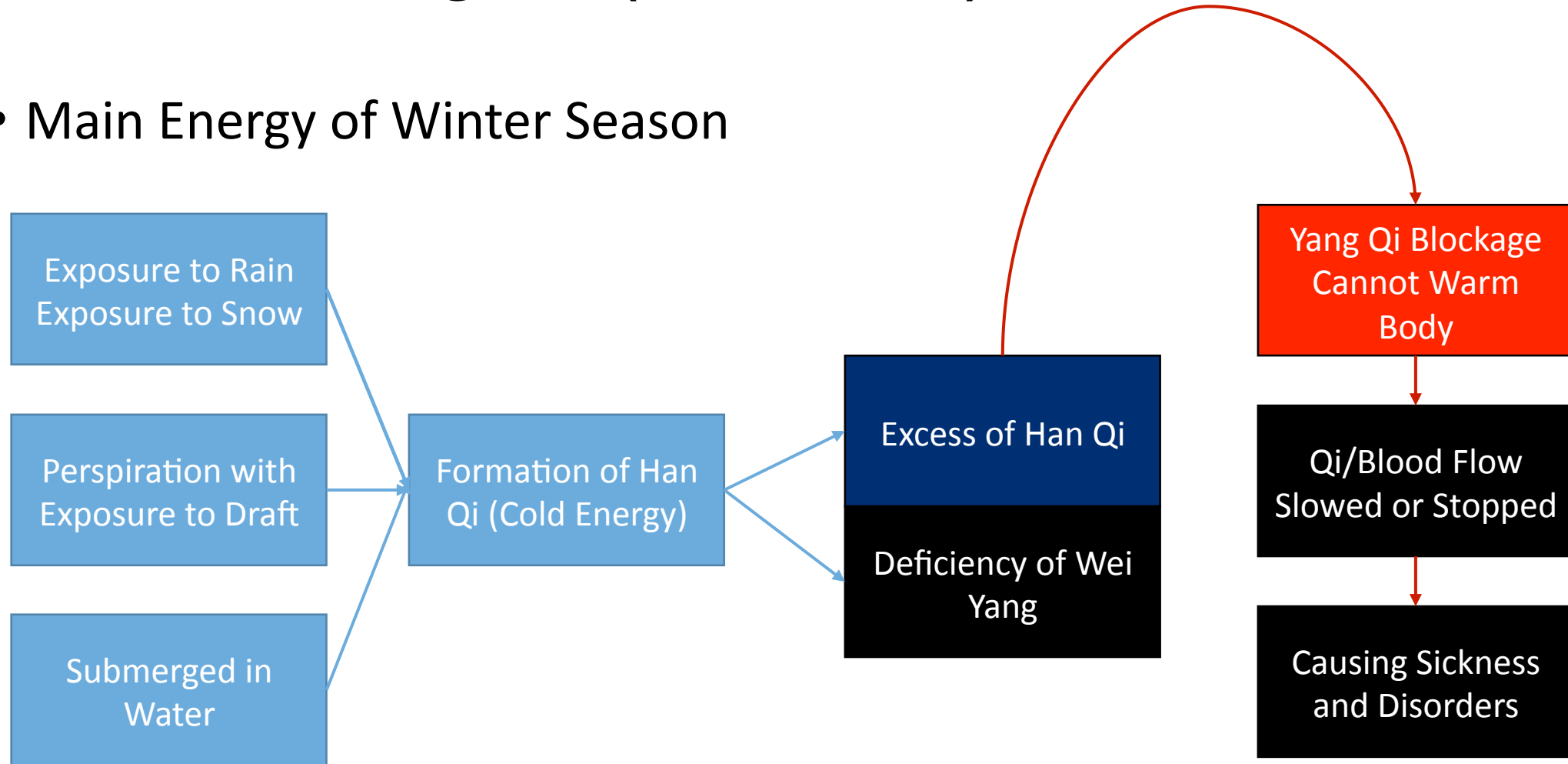
# Wind Pathogen (Feng Xie) 风邪

- There are two types of wind – External and Internal
- Wind attacks when the body is vulnerable, especially during menstruation, pregnancy, and postpartum period.
- Menstrual Common Cold, Menstrual Fever, Menstrual Headache, Menstrual Body Aches, Menstrual Urticaria, Postpartum Fever, Postpartum Seizure, Postpartum Body Aches, etc.
- Exogenous Wind can also disrupt normal functioning of menstruation and ovulation.



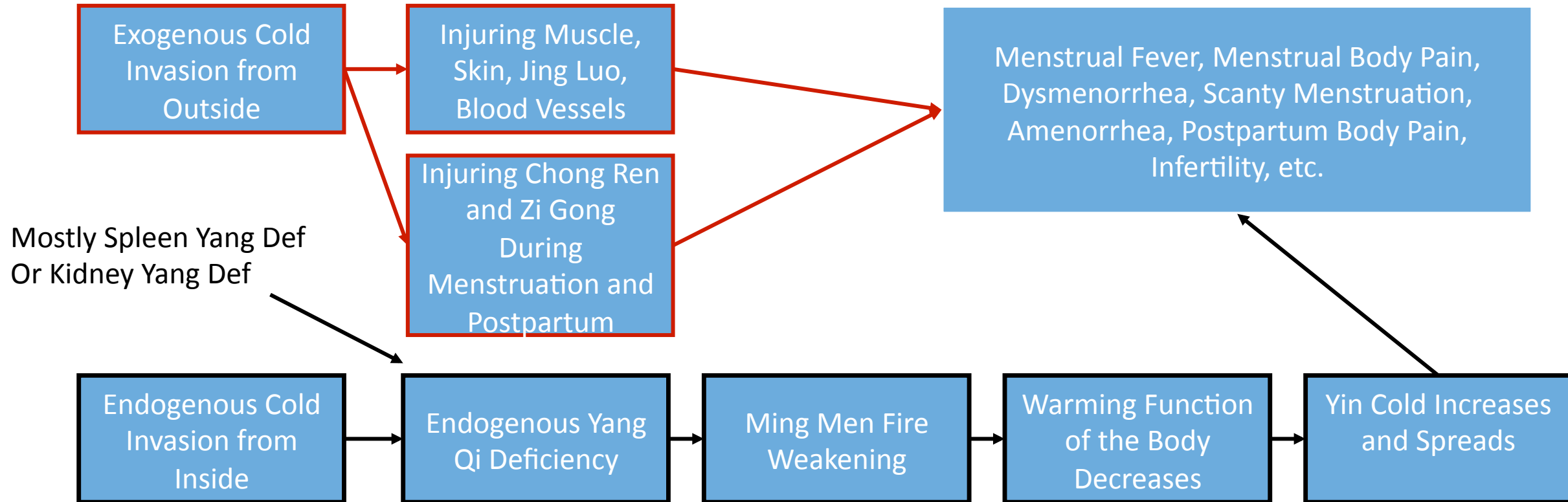
# Cold Pathogen (Han Xie) 寒邪

- Main Energy of Winter Season



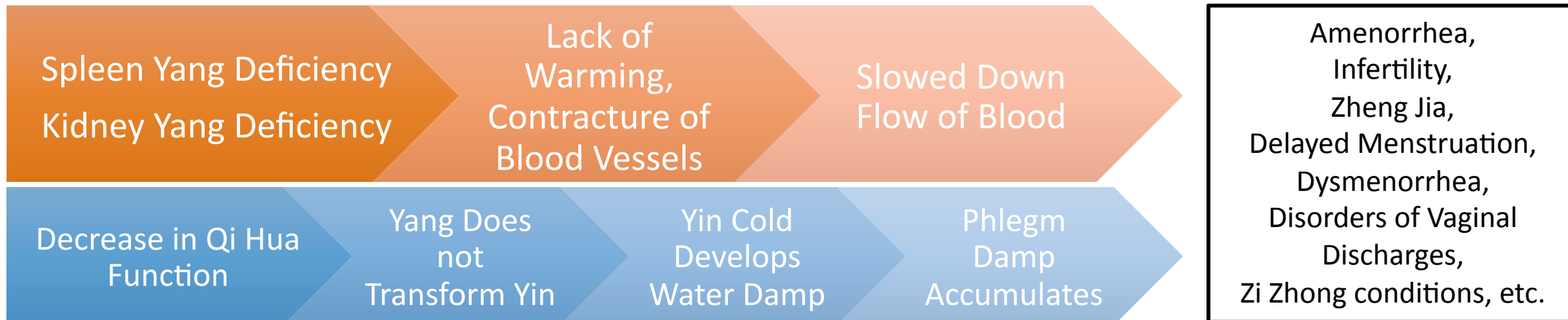
# Types of Cold Pathogen 寒邪

- Two Types of Cold Pathogen – Exogenous Cold and Endogenous Cold.



# Endogenous Cold Pathogen 内寒邪

## The Causes – Two Paths



# Clinical Considerations In Treating Cold Pathogenic Conditions

- Close Connection between Exogenous Cold and Endogenous Cold
- Exogenous Cold mainly of Cold Symptoms, While Endogenous Cold mainly of Deficiency Symptoms.
- Long Term Invasion of Exogenous Cold can cause Yang Qi damage, therefore Yang Qi Deficiency
- Chronic Yang Deficiency Interior Cold patients tend to attract Exogenous Cold Invasion due to the weakness in the interior.

# Heat Pathogen (Re Xie) 热邪 Characteristics

Yang Pathogen

Tends to Rise

High Fever,  
Aversion to Cold

Bleeding

Disturbance to  
Shen Ming

Heat Pathogen  
Tends to Consume  
Body Fluid

Damage to True Qi  
Depletion of Fluid

Decrease in Overall  
Body Functions

Extreme Heat  
Tends to Create  
Wind and Move  
Blood

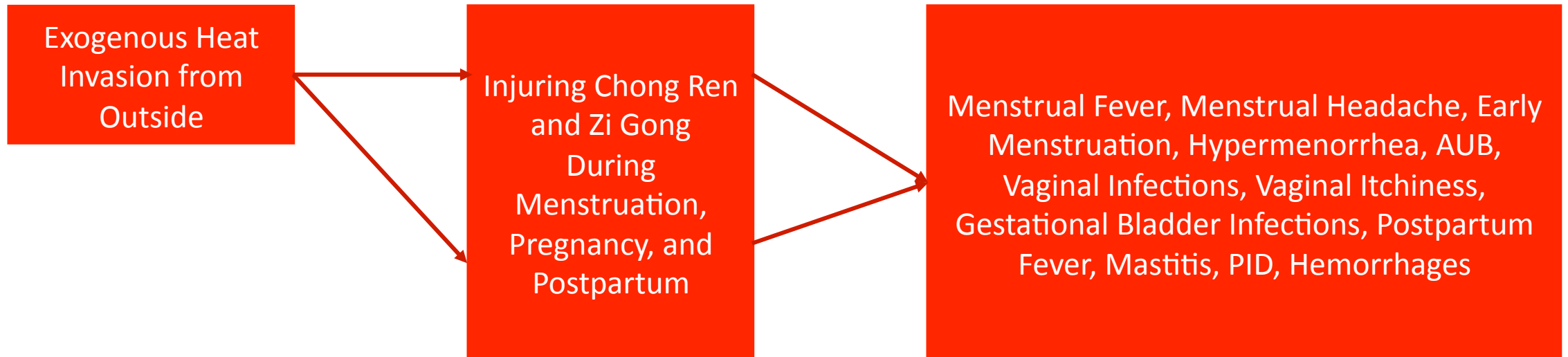
Seizures and  
Spasms

Hypermenorrhea,  
AUB, Persistent  
Postpartum Lochia

Direct Attack of  
Chong Ren Zi Gong  
Causes PID,  
Postpartum Fever

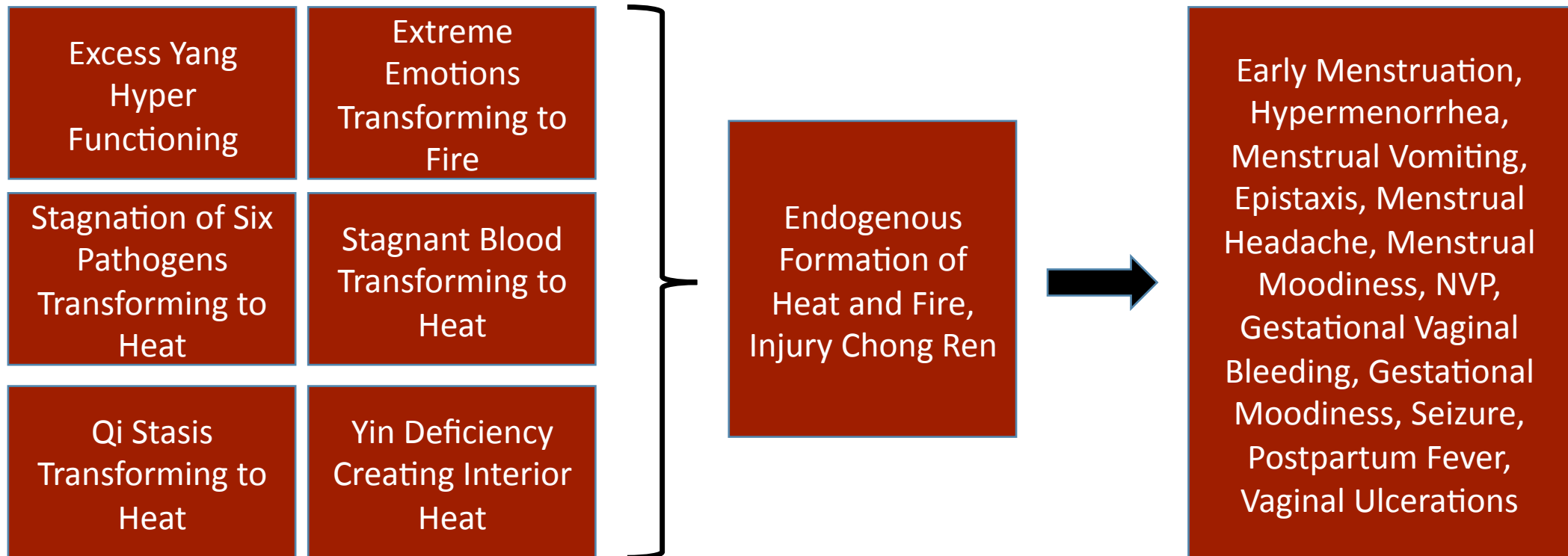
# Heat Pathogen (Re Xie) 热邪

- Two Types of Heat Pathogen – Exogenous Heat and Endogenous Heat.
- Exogenous Heat (Wai Re Xie) 外热邪 Invasion:



# Heat Pathogen (Re Xie) 热邪

- Endogenous Heat (Nei Re Xie) 内热邪:



# Clinical Considerations In Treating Heat Pathogenic Conditions

- Exogenous Heat comes from outside of the body, heat symptoms are more severe.
- Endogenous Heat is created from inside of the body, heat symptoms are less severe.
- Chronic Interior Heat patients tend to attract Exogenous Heat Invasion.
- Heat pathogenic diseases and disorders tend to be acute and requires more urgent care.



# Damp Pathogen (Shi Xie) 湿邪

Yin Pathogen

Sticky in Nature  
Heavy in Nature

Easy to Block Qi Flow

Damage Yang Qi

Disturbance in  
Ascending and  
Descending Functions  
of Qi

Clear yang Does Not  
Rise  
Turbid Yin Does Not  
Sink

Spleen Lost  
Transformation and  
Transportation  
Functions

Water Damp Retains  
Interiorly

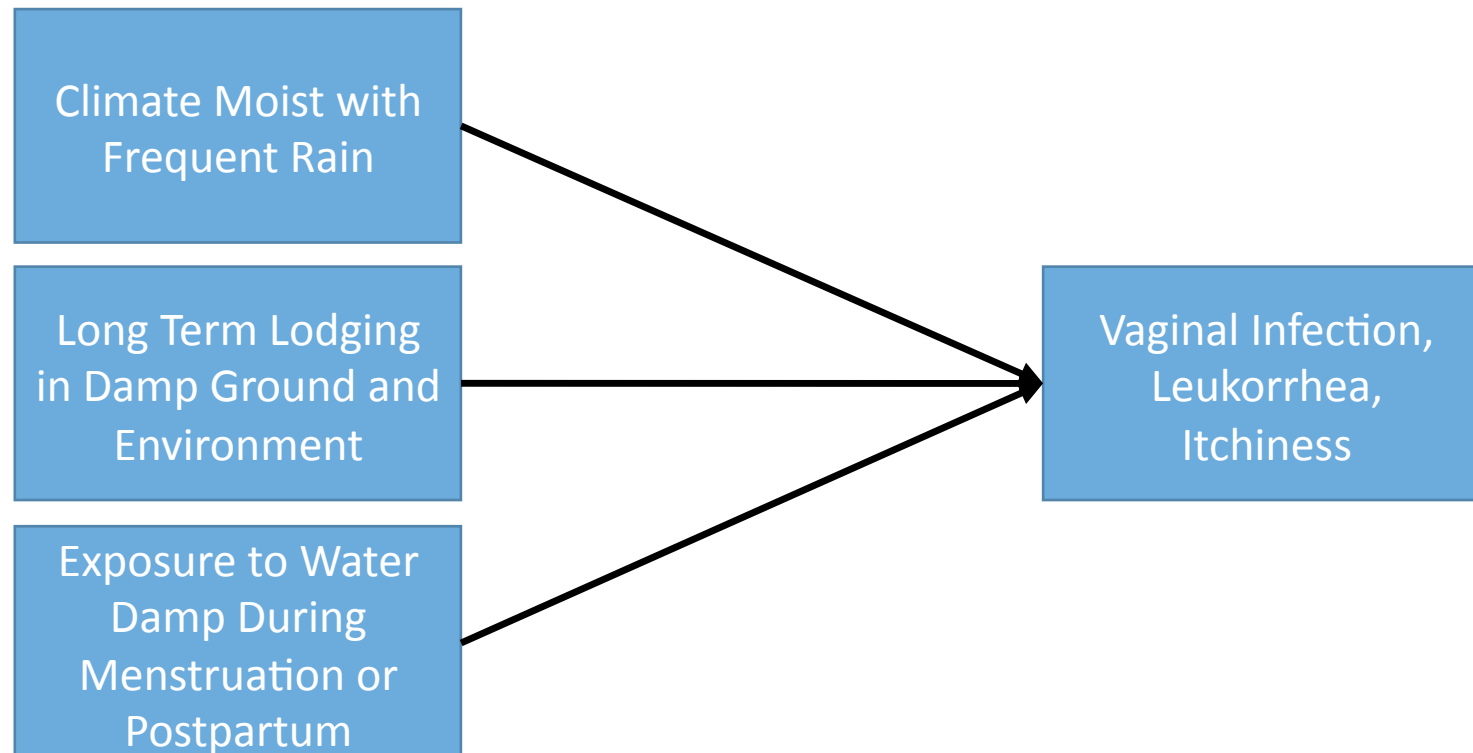
Tends to Affect Lower  
Part of the Body

Persistent Condition  
Takes a Longer Time  
to Resolve

Product of Damp  
Pathogen Tends to be  
Thick and Persistent  
Vaginal Discharges

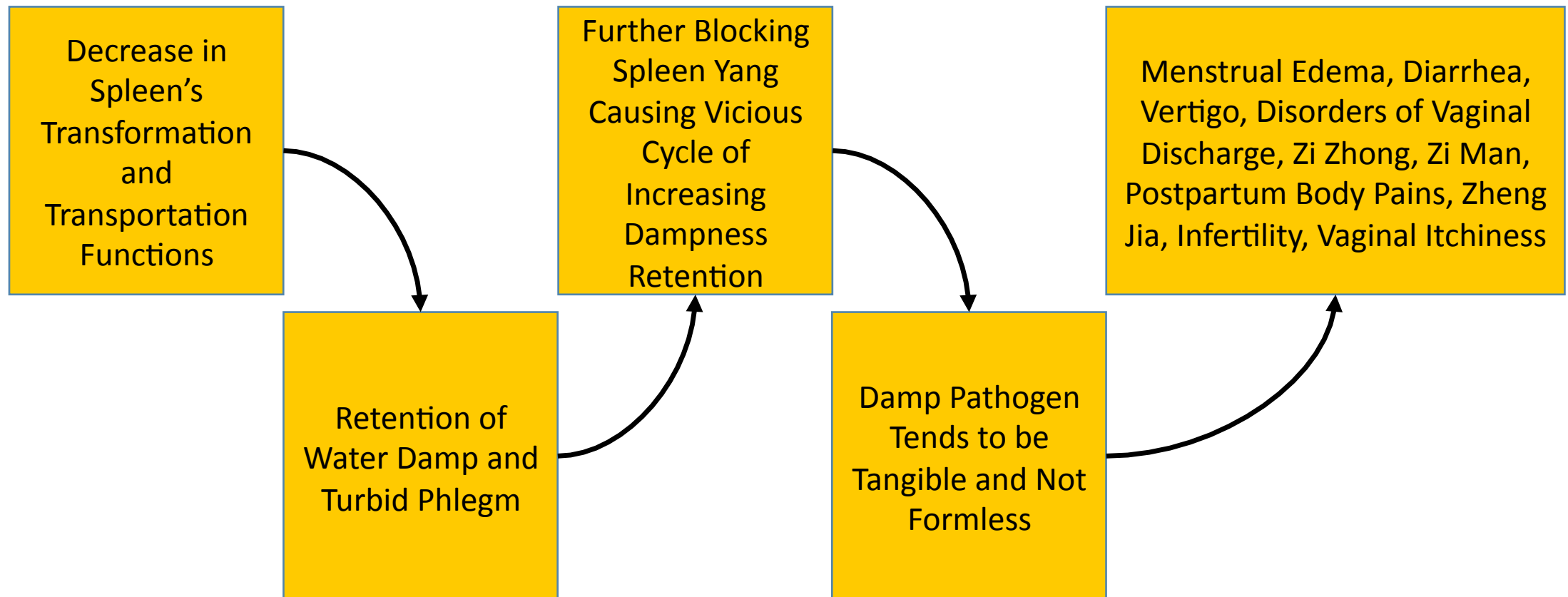
# Damp Pathogen (Shi Xie) 湿邪

- Two Types of Damp Pathogens: Exogenous and Endogenous
- Exogenous Damp Pathogen:



# Damp Pathogen (Shi Xie) 湿邪

- Endogenous Damp (Nei Shi Xie) 内湿邪:



# Clinical Considerations In Treating Damp Pathogenic Conditions

- Exogenous Damp and Endogenous Damp Pathogens tend to strengthen each other.
- Exogenous Damp pathogenic Invasion tends to cause Spleen dysfunction which further enable more Dampness creation.
- Excessive Endogenous Damp patients tend to attract more exogenous Damp invasions.

# Seven Emotions – Endogenous Etiology

- Seven Emotions – Joy, Anger, Anxiety, Thought, Grief, Fear and Fright.
- It is human expression reacting to our environment. It is also our Zang Fu's expression in its normal functioning.
- Appropriate emotional expressions is a part of normal Zang Fu Functions
- Sudden, extreme, persistent emotional expression when exceeds our ability to self recover can cause dysregulation of Qi/Blood, Zang/Fu, Jing/Luo.
- This dysregulation can affect Chong Ren, Zi Gong normal functioning to cause OBGYN disorders.

# Seven Emotions Etiology

- TCM Concept of Union of Body and Mind (Heart) 身心统一.
- Huang Di Nei Jing Su Wen, “Hundred Diseases Come from Qi Dysregulation. Anger Causes Qi to Rise. Joy Causes Qi to Slow. Grief Causes Qi to Vanish. Fear Causes Qi to Sink. Fright Causes Qi to Derange. Thought Causes Qi to Knot...”
- There was no mentioning of Grief in this passage.
- “Grief Causes Qi to Become Despondent” 忧则气乏
- Huang Di Nei Jing Su Wen, “Joy injures Heart, Grief injures Lung, Fear injures Kidney, Anger injures Liver, Thought injures Spleen.”

# Seven Emotions in the Classics

- <Su Wen>, “Hidden emotional issues can cause amenorrhea”
- <Jin Gui Yao Lue>, “Cause of OBYGN conditions are from deficiencies, cold accumulation, and knotted Qi.”
- <Fu Ren Ming Zhuan 妇人秘传>, “Extreme emotions causes Liver Qi to reverse and rebellious. Wood excess and Earth weak, Spleen loses transformation and transportation functions causing persistent vaginal discharges, yellow or red.”
- <Fu Qing Zhu Nv Ke 傅青主女科> illustrated the direct connections for emotions to cause OBGYN disorders such as depression causes vaginal hemorrhage, anger causes early pregnancy loss, extreme anger causes early labor, reversal of Qi causes difficult labor, depression causes lactation difficulty, infertility, etc.

# Emotional Causes of Diseases

## Modern Context

- Hundreds of studies explore the emotional roots of diseases
- ACE study in the 1990s with over 17,000 patients documenting Adverse Childhood Experiences (ACE), more than half of the participants had one or more ACEs.
- Those with 4-50 times of ACE are more likely to have an adverse health condition or disease as an adult.
- Heart disease, fracture, diabetes, obesity, alcoholism, and more.
- This confirms that traumatic childhood emotional experiences have direct and strong impact to health.



# Emotional Causes of Diseases

## Modern Context

- From this study, we can safely infer that emotional traumas do affect our health and they can be disease causing.
- Emotional stress, when excessive, has been known to cause disturbance to our Limbic System which includes important midbrain structures like olfactory bulb, hippocampus, hypothalamus, amygdala.
- Especially when hypothalamus is disturbed, we can see sudden disappearance of menstruation, abnormal uterine bleeding, habitual miscarriages, and infertility.
- Also, when a patient is already sick with OBGYN conditions, any additional emotional stress can aggravate the conditions.

End