TCM OBGYN – Historical Development

Integrative Women’s Health Program
Introduction

- TCM OBGYN has a rich history of development spanning approximately the last 2,000 years
- Much of the focus has been centered around conception, pregnancy, and postpartum care
- A wealth of knowledge have been documented in the “Classics”
The Essential Beginning

• The Earliest - 216 AD, Dr Zhang Zhong Jing 张仲景, <Jin Gui Yao Lue – Essential Prescriptions of the Golden Cabinet 金匮要略>, 3 Chapters 20-22 on Pulse, Patterns, and Treatments of Diseases in Pregnancy, Postpartum Disease, and Miscellaneous Gynecological Diseases.

Editors are Dr. Liu, Min Ru 刘敏如, and Dr. Tan, Wan Xin 谭万信, and written by over 73 well known TCM OBGYN doctors.

Most comprehensive text and the most widely used for TCM and Integrative OBGYN.
Study Approach to the History and Development of TCM OBGYN

• Since most information in clinical medicine has been preserved and documented in the “Classics” books, our approach is to gain understanding and appreciation of these “Classics” through a chronological process.

• There are countless books that have contributed to this field. In this lecture, we will focus on ones that have greater impact on the development of TCM OBGYN.
Shan Shui Jing 山水經
Book of Mountains and Seas

• Multiple unknown authors, 476-221 BC, Warring States

• It contains descriptions of geological features, locations, medicines, and animals.

• The earliest text that described medicinal plants to treat infertility.
Huang Di Nei Jing Su Wen 黃帝內經素問
Yellow Emperor’s Classic of Internal Medicine – Simple Questions

• Numerous unknown authors, 99-26 BC, Warring States to Han Dynasty

• Discussions between Huang Di and his ministers such as Qi Bo, Lei Gong, Bo Gao, Yu Fu, Shao Shi, Gui Yu Qu, and Shao Yu on mostly health issues.

• Many references to OBGYN and first fundamentals of Fe Ke
Su Wen and Anatomy

• First to mention:
  • Nv Zi Bao (Female Womb)
  • Bao Mai – Womb Meridian
  • Bao Luo – Womb Collateral

• Nv Zi Bao – It has functions of Zang and Fu.
  • It acts like Zang when it can transform Jing, Qi and Blood to Nourish Fetus and Create Menstrual Flow.
  • It acts like Fu when it can store and discharge Jing, Qi, and Blood
  • It is therefore considered as an Extraordinary Fu Organ (Qi Heng Zi Fu 奇恒之腑)

• Bao Mai – It belongs to the Heart and connects to Bao
• Bao Luo – It belongs to the Kidney and connects to Bao
Su Wen and Physiology

• It described 7x7 and 8x8 reproductive physiology for both woman and man.

• It first described the function and the importance of Tian Kui, Chong, Ren, and Kidney Qi in reproduction.

• It also described the unique female physiology of menstruation, pregnancy, labor, and breastfeeding.
Su Wen and Pathology

• It pointed out the woman tends to have “excessive Qi and deficient Blood”. This paved the foundation for blood nourishing method of treatments.

• It described pathology underlying abnormal uterine bleeding, amenorrhea, abnormal vaginal discharges, infertility, Zheng Jia (pelvic mass), dysphonia during pregnancy, etc.

• “Excessive sadness depletes Bao Luo, Yang Qi moves internally upward to disturb the Heart, the regulation of Blood is impaired, causing abnormal uterine bleeding”. It describes for the first time emotional factor can be a disease causative factor.
Su Wen and Diagnosis

- It pointed out the observation of color changes and other changes below the nose can be an indication of female reproductive organ issues especially the lips and philtrum.
- It described that the more obvious movement of Hand-Shao Yin Channel pulse can be an indication of pregnancy.
- It also described that weakness of both Kidney (Chi) pulses can be an indication of amenorrhea.
Su Wen and Herbal Therapy

- It described Si Wu Zei Gu Yi Lu Ru Wan (四乌贼骨一芦茹丸), a combination of Endoconchasepiae (Wu Zei Gu) and Rubia cordifolia (Qian Cao) 4:1, one of the only 13 formulations that appeared in Neijing, used in irregular menstruation, depletion of menstruation.
Shi Ji 史記 Historical Annals

• Si Ma Qian 司馬遷, exact time unknown, Han dynasty.

• Descriptions of history from Huang Di era to the Han dynasty (221 BC to 220 AD) (440 Years)

• Described first specialty of OBGYN Bian Que 扁鵲.

• It also documented two clinical cases of amenorrhea and lactation deficiency.
Han Shu 漢書
Book of Han

• Han Shu is a history book covering the first part of the Han Dynasty (206 BC to 23 AD).

• It described installation of female OBGYN specialty doctors in the imperia court, the famous ones are Yi Xu (义姁), and Chun Yu Yan (淳于衍).

• The use of herbs to cause abortion and abnormal fetus have been documented.
Hou Han Shu 後漢書  
Book of the Later Han

• Also known as History of the Later Han, is a Chinese court document covering the history of the Han dynasty from 6 to 189 AD.

• It documented the famed physician Hua Tuo 华佗 using Ma Fei San 麻沸散 and Shen Gao 神膏 in the performance of abdominal surgery and removal and dead fetus.
Tai Chan Shu 胎产书
The Book of Pregnancy, Labor and Postpartum

• Ma Wang Dui excavation in Changsha discovered over 3000 cultural relics.

• Tai Chan Shu was one of the 15 medical related books discovered documenting in detail 10 months of gestation, labor and postpartum care in the Han Dynasty.
Tai Chan Shu 胎产书
The Book of Pregnancy, Labor and Postpartum

• It described when it is the best time to begin intercourse to conceive (3 days after the menstruation is completely clear).

• It described 10 months of embryology and the concept of Yang Tai 养胎 (Nourish Fetus)

• It described the concept and the importance of Tai Jiao 胎教 (Fetal Education)
Nourish Fetus According to the Gestational Month (Zhu Yue Yang Tai 逐月养胎)

<table>
<thead>
<tr>
<th>First Month</th>
<th>Second Month</th>
<th>Third Month</th>
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<tbody>
<tr>
<td>Formation of Embryo</td>
<td>Formation of Gel</td>
<td>Formation of Fetus</td>
</tr>
<tr>
<td>Fourth Month</td>
<td>Fifth Month</td>
<td>Sixth Month</td>
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<tr>
<td>Formation of Blood from Water Energy</td>
<td>Formation of Qi from Fire Energy</td>
<td>Formation of tendon and ligaments from Metal Energy</td>
</tr>
<tr>
<td>Seventh Month</td>
<td>Eighth Month</td>
<td>Ninth Month</td>
</tr>
<tr>
<td>Formation of Bone from Wood Energy</td>
<td>Formation of Skin, Fascia and Muscles from Earth Energy</td>
<td>Formation of Hair from ”Stone” Energy</td>
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</tbody>
</table>

Tenth Month – All Organs are formed, Receiving Energy from Heaven and Earth, Ready to be Delivered
Shen Nong Ben Cao Jing 神农本草经
The Classics of Herbal Medicine

• It was written in the Han Dynasty.
• It lists 365 different herbs for therapy. It classified herbs into higher, average, and lower grades as well as categorized herbs into plants, animals, and minerals.
• It included many herbs that are widely used in OBGYN.
• It also renamed Nu Zi Bao to Zi Gong.
• It stated that Wind Cold attack to the Zi Gong in woman can cause infertility for ten years.
Jin Kui Yao Lue Fang Lun 金匮要略方論
Discussion of Prescriptions of the Golden Chest

- Zhang, Zhong Jing 张仲景, 219 AD, Han dynasty.
- Later edited by Wang, Shu He 王叔和, Lin, Yi 林亿, and Sun, Qi 孙奇.
- 3 volumes, herbal and food therapies for variety of diseases.
- 3 chapters on gynecology, over 30 formularies described and still used today.
Jin Kui Yao Lue Fang Lun 金匱要略方論
Discussion of Prescriptions of the Golden Chest

• Gui Zhi Fu Ling Wan 桂枝茯苓丸 for Zheng Jia 瘀癥 (pelvic mass)
• Jiao Ai Tang 胶艾汤 for abnormal uterine bleeding with pelvic pains including occurrences during pregnancy and after an abortion.
• Dang Gui Shao Yao San 当归芍药散 for gestational pelvic pain.
• Gan Mai Da Zao Tang 甘麦大枣汤 for Zang Zao 脏躁, depressive and anxiety disorders
• Wen Jing Tang 温经汤 for menopausal abnormal uterine bleeding
Jin Kui Yao Lue Fang Lun 金匱要略方論
Discussion of Prescriptions of the Golden Chest

• Introduction to the practice and concept of vaginal douche and suppository.

• Fan Shi Wan suppository 矾石丸 for leukorrhea, vaginal infections, amenorrhea due to stagnant blood and clots.

• She Chuang Zi San 蛇床子散 for Yin-Cold type of leukorrhea and vaginal infections

• Lang Ya Tang 狼牙汤 for vaginal parasitic infections such as Trichomonas
Mai Jing 脈經
Pulse Classic

• Wang, Shu He 王叔和, AD 280, Jin dynasty
• First book that created a systemic framework for pulse diagnosis
• It also collected and synthesized earlier works such as Nei Jing, Nan Jing, and Jin Kui in pulse diagnosis and diagnostic differentiations.
• OBGYN pulse descriptions and differentiations appears in Chapter 9 of total 10 chapters in the book.
Mai Jing 脈經
Pulse Classic

- “Chi position, Kidney pulse, when it is persistent when pressed, it is pregnancy.”
- “Three levels of pulse – floating, middle and deep; when they are continuous and linked up, it is pregnancy.”
- It also discussed about Li Jing Mai 离经脉 – speeding up pulse that occurs during labor.

- It provided new terminologies:
  - Ju Jing 居经 – menstruation that comes every three months
  - Bi Nian 避年 – menstruation that comes once a year
  - Ji Jing 激经 – menstruation continuing even after pregnancy discovery
Zhu Bing Yuan Hou Zong Lun 諸病源候總論
General Treaties on The Symptomatology and Etiology of Disease

• Chao, Yuan Fang 巢元方, imperial physician, AD 610, Sui dynasty

• A major work on Etiopathology.

• It is the earliest systemized work on etiology, symptoms, and signs of diseases. It classified 67 diseases and 1,739 syndromes.

• 283 syndromes covering OBGYN provided strong foundation on etiopathology understanding.
Zhu Bing Yuan Hou Zong Lun 諸病源候總論
General Treaties on The Symptomatology and Etiology of Disease

• “Irregular menstruation is caused by overstraining consuming Qi and Blood. This cause the body to be weakened. Weakened body easily attracted Wind Cold invasion, causing blockage in the interior of Bao 胞内, damaging Chong Ren Channels, damaging Hand Tai Yang and Shao Yin channels”
Qian Jin Yao Fang 千金要方
Thousand Golden Ducat Prescriptions

• Sun, Si Miao, AD 652, Tang dynasty.
• Collected 5300 herbal formularies, expanded on Zang Fu theories and other fundamentals. It described various TCM treatments such as acupuncture, food therapy, massage, Dao Yin, etc.
• 3 comprehensive volumes on OBGYN.
• A metal knife should never used to cut umbilical cord.
Formation of Imperial Medical System

• During Tang Dynasty 618 – 907 AD, establishment of imperial medical department.

• It is the first formalized educational institution to train doctors for the loyal family as well as for the government officials.

• Due to the educational influences, there are now more published books on OBGYN during this period of time.

• Notables are:
  • Bei Ji Qian Jin Yao Fang 备急千金要方 Prescriptions Worth a Thousand in Gold for Every Emergency
  • Wai Tai Bi Yao 外台秘要 Medical secrets of an official
  • Jing Xiao Chan Bao 經效產寶 Treasure of Obstetrics
Bei Ji Qian Jin Yao Fang 配急千金要方
Prescriptions Worth a Thousand in Gold for Every Emergency

• Sun, Si Miao 孙思邈
• Authored Bei Ji Qian Jin Yao Fang in 652 AD. (It is frequently abbreviated as Qian Jin Fang)
• 30 chapters on clinical medicine, acupuncture, dietary therapy, prevention, and sanitation. It collected 5,300+ herbal formulations.
• 3 chapters on OBGYN, collected 540 herbal formulations in these three chapters.
• He pointed out for the first time that infertility can be caused problems from both man and woman and not just woman alone.
• He wrote extensively on antepartum, intrapartum, and postpartum care. He expanded on treatments for difficult labors in both herbal and acupuncture therapies
Wai Tai Bi Yao 外台秘要
Medical Secrets of an Official

• Wang, Dao 王焘

• A clinical therapy book that included 40 chapters, and over 6,000 herbal formulations.

• There are two chapters on OBGYN around 85 different type of conditions and over 480 herbal formulations.
Jing Xiao Chan Bao 經效產寶
Treasure of Obstetrics

• Zan, Yin 傅殷, 853 AD, Tang dynasty.

• 41 chapters, 374 formularies, on pregnancy, labor and postpartum issues.

• First specialty book on TCM Obstetrics

• It described maternal care, labor and delivery.

• It described care for preeclampsia and eclampsia.
Earliest TCM Medical School for the public

- Song Dynasty, 960-1279 AD
- Imperial Medical College, Staffed by total of 300 physicians, nine departments which included the OBGYN department, and listed 10 obstetric physicians.
- This is the earliest of specialty education for OBGYN in the world.
- Stimulated further refinement and development in TCM OBGYN.
Shi Chan Lun 十产论
Discussion of Ten Labors

• Yang, Zi Jian 杨子建, 1098 AD
• Discussion on ten different fetal positions including footing breech, transverse breech, frank breech, umbilicus cord wrapping, etc.
• It also discussed the use of hand techniques in correcting such breech during labor as well as the intake of herbs.
Wei Shen Jia Bao Chan Ke Bei Yao
卫生家宝产科备要

• Zhu, Rue Zhang 朱瑞章, 1184 AD

• 8 chapters total. 7 chapters on labor and delivery.

• It discussed the importance of having clean environment for delivery as well as proper infant care methods.

• It discussed of three postpartum conditions of Chong Xin 冲心, Chong Wei 冲胃, and Chong Fei 冲肺. (Eclampsia Seizure, HELLP - microangiopathic hemolytic anemia, cardiomyopathy)
Nv Ke Bai Wen 女科百问  
Hundred Questions in OBGYN

• Qi, Zhong Pu 齐仲甫, 1220 AD
• 50 questions on gynecology
• 50 questions on obstetrics
• Provided more clear explanation of etiologies and pathologies
Fu Ren Liang Fang Da Quan 婦人良方大全
Great Treatise of Useful Prescriptions for Women

• Chen, Zi Ming 陳自明, 1237 AD, Southern Song dynasty.

• 25 chapters, 1118 formularies, 48 cases, the first comprehensive text on TCM OBGYN.

• Profound influence on the development of obstetrics and gynecology in subsequent dynasties.
Fu Ren Liang Fang Da Quan 婦人良方大全
Great Treatise of Useful Prescriptions for Women

• Later edition by Xue Ji 薛己 which included many commentaries as well as case studies in Ming Dynasty.

• It emphasized that Liver and Spleen are the sources for menstruation, and all OBGYN disorders originates from Chong Ren channels and Bao Gong.

• Again, it became a de facto textbook of OBGYN for many generations.
Jin Yuan Four Schools

• Liu, Wan Su, Li, Dong Yuan, Zhu, Dan Xi, and Zhang Zi He.
  • Liu, Wan Su – Fire pathology
  • Li, Dong Yuan – Earth school
  • Zhu, Dan Xi – “Yang is often excessive and Yin is frequently deficient”
  • Zhang Zi He – Sweating, Purge, and Emetic Methods
Liu Wan Su 刘完素 1110 – 1200 AD

- Contributed “Fire-Heat Pathology”
- Believed that Fire-Heat is the main etiology for many diseases
- Recommended Cooling and Cold herbs to reduce Heart Fire, benefit Kidney Water.
- Later has been recognized as the He Jian Doctrine, named for where he was born.
OBGYN Contributions

• “When there is amenorrhea, first to reduce Heart Fire. Once Heart Fire reduced, the menstruation will occur."

• “Vaginal discharges are the conditions of the Ren Channel”

• “When there is too much Damp Heat in the lower Ren Channel, there will have vaginal discharges”

• “focus on the Kidneys with young woman, focus on the Livers with middle-aged women, focus on Spleen"
Zhang, Cong Zheng 张从正
1156-1228 AD

• “When nourish life, use food; when treat diseases attack with medicine.”

• “One cannot tonify until all pathogens are eradicated.”

• He focuses on the use of diaphoretics, emetics, and purgatives to rid of pathogens.

• He is therefore known as the initiator of Attacking Doctrine
OBGYN Contributions

• Commonly uses emetic and purging methods to bring on menstruations, mainly for excess type of patients.
• But uses food to nourish deficient patients
• By getting of Phlegm, the menstruation will reappear, established phlegm congestion as one of the cause for amenorrhea, which help to establish the Phlegm-Damp etiology in PCOS patients.
Zheng Zhi Zhun Sheng 証治準繩
Standards of Diagnosis and Treatments

• Wang, Ken Tang 王肯堂, 1602 AD, Ming dynasty

• 44 volumes divided into six specialties – Miscellaneous Disorders, Miscellaneous Formularies, Shang Han, Yang Diseases, Pediatrics, OBGYN.

• Comprehensive Text of the time
Nu Ke Zuo Yao 女科撮要
Summary of Gynecology and Obstetrics

• Xue, Ji 薛己, 1548 AD, Ming dynasty

• An imperial physician with vast amount of clinical experience.

• Comprehensive book on OBGYN reflecting uniquely how Dr. Xue approaches woman’s health.
Guang Si Ji Yao 廣嗣紀要
Summary of Fertility

• Wan, Quan 万全, 1549 AD, Ming dynasty.
• 16 chapters describing treatments for infertility, pregnancy care, postpartum care, and pediatric care.
• Man should clear his heart and control sexual desire to nourish the essence
Ji Yin Gang Mu 濟陰綱目  
Compendium of Therapy of Women’s Diseases

• Wu, Zhi Wang 武之望, 1620 AD, Ming dynasty.
• 5 chapters, comprehensive text collecting works before Ming dynasty in the area of OBGYN
Jing Yue Quan Shu 景岳全書
Complete Works of Jing Yue

• Zhang, Jie Bin 張介賓, 1624 AD, Ming dynasty.

• 64 chapters on TCM from Dr Zhang’s experience especially relating to the Mingmen Doctrine.

• Contributed greatly to Kidney tonification methods
Fu Qing Zhu Nv Ke 傅青主女科
Fu Qing Zhu’s Gynecology

• Fu, Qing Zhu 傅青主, 1607-1684 AD, Qing dynasty.

• The book was published 1690 AD.

• Emphasized on treatments of Spleen, Liver and Kidney in OBGYN conditions.

• Created many herbal formulations that are small formulations and easy to use.

•
Yi Zong Jin Jian 医宗金鉴
Golden Mirror of Medicine

• Wu, Qian 吴谦, 1742 AD, Qing dynasty.
• 90 chapters, a summary collection of TCM. It was directed by the Emperor and written by an imperial physician.
• Easy to read and understand with simplified volumes.
Da Sheng Bian 达生编
Treatise on Obstetrics

• Ji Zhai Ju Shi 亟斋居士, 1715 AD, Qing dynasty.

• Pen named publication, incorporated more scientific information and approach to obstetrics.

• Clear and concise, a more modern favorite book to obstetrics.
Yi Lin Gai Cuo 医林改错
Correcting the Errors in the Forest of Medicine

• In 1830, Dr. Wang, Qing Ren 王清任, written this book after reviewing and examining cadavers. He emphasized the importance of learning anatomy for TCM physicians,

• He shared his deep insight in Stagnant Blood condition and using Activating Blood Relieving Stagnation method to treat it.

• His series of Zhu Yu Tang 逐瘀汤 has been widely used for OBGYN blood stagnation conditions and continue to enjoy popularity today.
Xue Zheng Lun 血证论
Discussion on Blood Syndromes

• Tang, Zong Hai 唐宗海, 1885 AD, Qing dynasty.

• An unique publication discussing Blood pathology and its relationship with Qi.

• “Old Blood that does not discharge is Stagnant Blood.” ”Rid of Old Blood allows New Blood to come on and regulate menstruation”

• Blood flow is regulated by Chong, Ren, Dai channels. Chong Ren Dai channels are regulated by Liver. Therefore to tonify Blood is to tonify Liver.
Yi Xue Zhong Zhong Can Xi Lu 医学衷中参西医录
Records of Combined Chinese and Western Medicine

- Zhang, Xi Chun, 1918 AD, Qing dynasty.

- 30 chapters, combining both Chinese medical and western medical perspectives with formularies, herbs, theories, discussions, and cases.

- First major attempt in bridging both Chinese and Western Medicines.
Records of Combined Chinese and Western Medicine

- Created An Chong Tang 安冲汤 and Gu Chong Tang 固冲汤 for excessive menstrual flow or abnormal uterine bleeding.
- Li Chong Wan 理冲丸 and Li Chong Tang 理冲汤 for amenorrhea and Zheng Jia.
- Shou Tai Wan 寿胎丸 for tonifying Kidney and prevent miscarriage.
Major Texts of TCM Universities and Colleges

• TCM Gynecology
• Zhong Yi Fu Ke Xue
• Luo, Yuan Kai, 罗元恺, 1984, 1986 AD
Zhong Yi Fu Chan Ke Xue 中医妇产科学
“TCM Science of OBGYN”

• First Edition Published in 2001 and Second Edition Published in 2011 by People’s Medical Publishing House Co.

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