

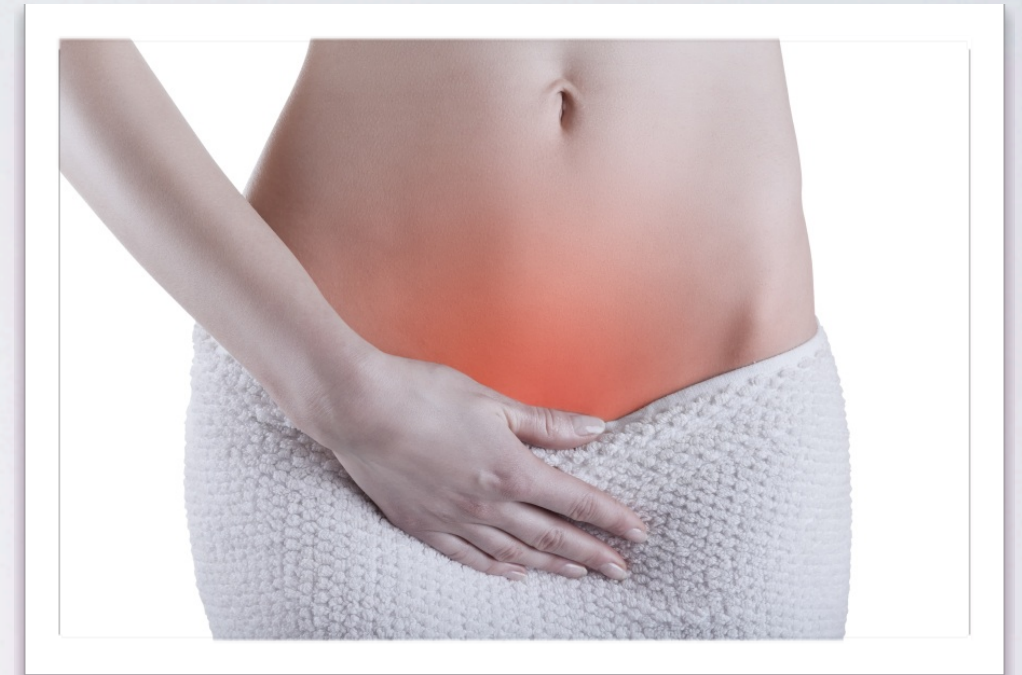
GYNECOLOGY & TCM

On line course provided by  **AcuPro** Academy Taught by Clara Cohen



GYNECOLOGY & TCM

- INTRODUCTION
- WOMEN'S PHYSIOLOGY
- MENSTRUATION
- CONCEPTION
- PREGNANCY
- MENOPAUSE
- CAUSES OF IMBALANCE
- PREVENTION



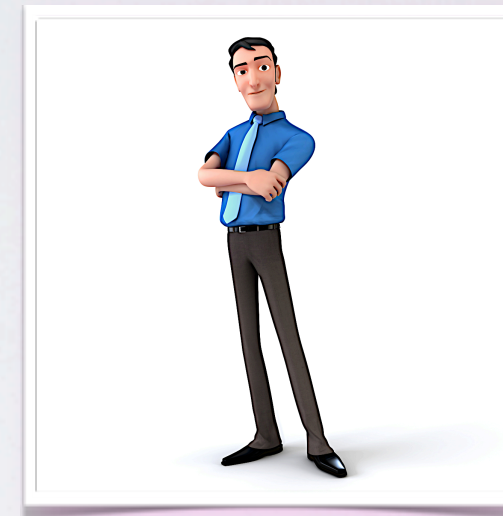
Physiology of Women & men in TCM

Women



- Women are more Yin
- Rooted in number 7
- Related to SP, LV, KD & HT
- Chong, Ren & Dai meridians
- Uterus

Men



- Men are more Yang
- Rooted in number 8
- Related to LV & KD
- Du meridian
- Dan Tian

Menstruation in TCM

Menarche

- Onset from 12 to 15 yrs old.
- Earlier relates to Spleen def.
- Later relates to Kd def.

Menopause

- Onset from 42 to 56 yrs old
- Earlier relates to blood def.
- Later relates to Kd Fire

Menses

- 26 to 32 days cycle
- Lasting 4 to 6 days
- Blood is darker at first, then deep red and lighter at the end without clots
- Asymptomatic. No PMS!

Uterus & Organs relationship in TCM

- SP produces Blood & keeps the uterus in place
- LV moves Qi and stores blood for menses
- KD stores Essence
- HT governs Blood circulation for menses flow
- ST connects to the Uterus via the Chong meridian for and breast feeding



Uterus & Extraordinary meridians

- **Ren:** Sea of all Yin meridians. Control hormones, uterus and vagina. Confluent Point: Lu 7
- **Du:** Sea of all Yang meridians. Control MingMen Fire to keep uterus warm & make conception possible. Confluent Point: Si 3
- **Chong:** Sea of Blood. Controls every aspect of the menses. Confluent Point: Sp 4
- **Dai:** Binds all meridians and keep uterus in place. Controls external genitalia. Confluent Point: Gb 41



Basic TCM Diagnosis for Menses

- **Blood colour:** bright red (Blood heat), light red (Blood def.), purple (Blood stasis), dark burgundy (cold & Blood stasis), crimson red (Yin def.), watery (Yang def.).
- **Consistency:** Dark large clots (Blood stasis), dark small clots (cold & Blood stasis), stringy clots (damp or phlegm).
- **Pain:** Before menses (Qi Stagnation), beginning of menses (Blood stasis), at the end (Blood def.), pain eased by heat (cold & Blood stasis), mild pain (Yin or Blood def.), pain during ovulation (damp or phlegm).

Basic Tx Principles For Menses

- **During menses:**
 - Move blood (if light bleeding)
 - Stop bleeding (if too heavy)
- **Post menses:** Nourish Lv blood & KD Yin
- **Ovulation or mid-cycle:**
 - Nourish Essence
 - Tonify KD Yang
 - Harmonize Chong & Ren meridians
- **Pre-menses:** Move LV Qi



Do NOT induce sweating during menses

Basic Tx Principles For Menses

- **During menses:**
 - Move blood: Lv 3, Sp 8, Sp 6
 - Stop bleeding: Sp 1, Sp 8
- **Post menses:** Nourish Lv blood & KD Yin
Lu 7 (R), Kd 6 (L), Sp 4(R), Pc 6 (L), Sp 6, Lv 8, St 36
- **Ovulation or mid-cycle:** Lu 7 (R), Kd 6 (L), Sp 4(R), Pc 6 (L), Sp 6, St 36, St 29
 - Nourish Essence
 - Tonify KD Yang
 - Harmonize Chong & Ren meridians
- **Pre-menses:** Move LV Qi.
Lv 3, Li 4, Sp 6, Yin Tang, Ear Shenmen

Basic Tx Principles For Menses

- **During menses:** Gentle or no formulas
- **Post menses:**
Si Wu Tang
Ba Zhen Tang,
Gui Pi Tang
- **Ovulation or mid-cycle:**
You Gui Wan or Zuo Gui Wan
- **Pre-menses:**
Chai Hu Shu Gan San
Xiao Yao San



Basic TCM Diagnosis For Vaginal Discharge

- **Color:** white (cold, damp-cold or Yang def.), yellow (heat or damp-heat), green (damp-heat in LV), yellow w/red & pus (Toxic heat).
- **Consistency:** watery (damp-cold or Yang def.), thick-sticky (Damp-heat).
- **Smell:** no smell (cold), strong odor (heat).



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