

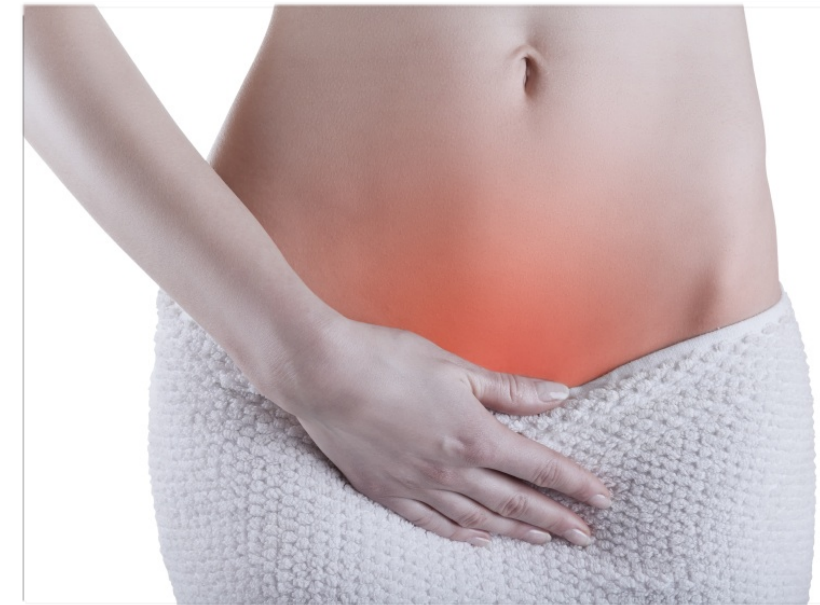
GYNECOLOGY & TCM PART 3

On line course provided by  Taught by Clara Cohen



GYNECOLOGY & TCM

- CAUSES
- PREVENTION



Women's Health: Etiology in TCM

Causes: Pathogen Invasion

- **Cold:** affect Chong & Ren causing infertility, menses & post delivery problems.
- **Heat:** affect LV causing heavy menses, irregular uterine bleeding and miscarriage. Affect HT causing palpitation during pregnancy.



Women's Health: Etiology in TCM

Causes: Pathogen Invasion

- **Dampness:** affect Dai & Ren causing irregular vaginal discharge, watery menses blood, edema & diarrhea during pregnancy.
- **Dryness:** affect fluids causing vaginal dryness

- **Wind:** affect LV causing epilepsy attack during pregnancy.
- **Toxic Fire:** affect uterus causing ovarian or uterus cancer

Women's Health: Etiology in TCM

Causes: Internal

- **Overwork & excessive exercise** (especially during puberty, pregnancy & menses): weakens SP, LV & KD
- **Diet:** weaken SP & ST (avoid spicy foods in the 1st trimester, avoid salty & hot food in the last month of pregnancy)
- **Traumatic injury**
- **Emotions:** if not balance cause infertility, irregular menses, miscarriage...

Women's Health: Etiology in TCM

Causes: Internal

- **Excessive sexual activity** weakens KD
- **Too many pregnancies:** weakens KD essence, Blood & Qi
- **Abdominal surgery** (removal of ovarian cysts) causes blood stasis in Lower jiao.
- **Hysterectomy** affect blood & KD making them both a little more deficient. If there was Qi stagnation in uterus before the operation, the removal of the organ is simply transferred to the next closest organ (in this case: Bladder) causing urination problems after surgery.

Women's Health: Etiology in TCM

Causes: Internal

- **Birth control Pill:** long term use induces Blood stasis or blood def., usually when the Pill is stopped: women develop amenorrhea or irregular cycle and manifest all signs of Blood def. Mostly.
- **Miscarriage** is worse than abortion (less blood loss) but still very emotional. Miscarriage before 3 months (Kd Def.), after 3 months (LV Blood stagnation or SP Qi sinking or Blood heat).

Basic TCM Health Recommendations

- The uterus is in vulnerable state during menstruation, pregnancy and especially after childbirth.
- Exposure to cold & dampness during menses causes internal cold uterus (swimming in cold water, also eating cold foods).
- After sexual intercourse, a woman shouldn't be exposed to cold.
- TCM recommends not to have intercourse during menses (it may cause stagnation), or when Bladder is full (cause stagnation), and only resume sex after 6 weeks of the delivery.

Basic TCM Health Recommendations

- During menses & after child-birth: she shouldn't work long hours as it cause def.
- It's absolutely mandatory that she gets adequate rest after child-birth or there will be LV blood def. & KD Qi def.
- For the woman's health, TCM recommends breast feeding for no more than 12 months.





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