

TCM CASE STUDY

On line course provided by



Taught by Clara Cohen



Case Studies

The Case Study Recipe

Problem

Solution

Results



- **Female:** 35 yrs old
- **Chief Complaint:** postpartum depression. She has been suffering from **depression & insomnia** since her baby daughter was born 16 month ago. She has very negative thoughts and feels like everything is too much effort. She doesn't feel like getting up in the morning, getting dressed or even eating. Every daily activity is tiring and she just wants to stay home in her pajamas.
- Her **insomnia** is not helping, as she gets lots of nightmares and wakes up frequently during the night drenched in sweat but with a dry throat & mouth, and experiencing anxiety & palpitations.
- **Other symptoms:** lately forgets everything, cannot focus or concentrate on any books (she used to love reading). Her hands & feet tingle in the morning, her eyes feel dry & she often has blurred vision.
BM: daily but very small & dry (pebbles like stools).
- **Period:** regular but short (only lasting 2 ½ days) and scanty, no clots or PMS. It took 13 months to get her period back. She's not breastfeeding as her milk supply was very low from the beginning.
- **T:** Pale with redder tip & a little crack
- **P:** Weak and thin

Causes: Emotions Post Partum



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Deficiency

Short scanty menses
Tired - Poor memory
Pale tongue - Weak thin pulse

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LV Blood Deficiency

Poor Focus
Dry eyes - Blurred vision
Dry stools
Short Scanty menses
Long time to get period back
Pale Tongue

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LV Blood Deficiency

Poor Focus - Thin Pulse
Dry eyes - Blurred vision - Dry stools
Short Scanty menses - Pale Tongue
Long time to get period back

HT Yin def.

Insomnia - Night sweat -
Poor memory - Dry stools - Anxiety
Dry mouth at night - Palpitations
Red tip cracked tongue/no coat - thin pulse

TCM Diagnosis:
LV Blood deficiency
HT Yin deficiency

Treatment Principles:
Nourish LV Blood & HT Yin
Calm the mind & relieve depression

Acupuncture:

- Sp 6, St 36, Lv 8: Nourish Lv Blood
- Kd 6, Kd 7: Nourish Yin
- Ht 7, PC 6 & LU 9, Lv 3: relieve depression
- Ren 17, Ear Shen Men: calm the mind
- Du 20: lift Spirit



Herbal Formula
Si Wu Tang
Tian Wang Bu Xin Dan



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