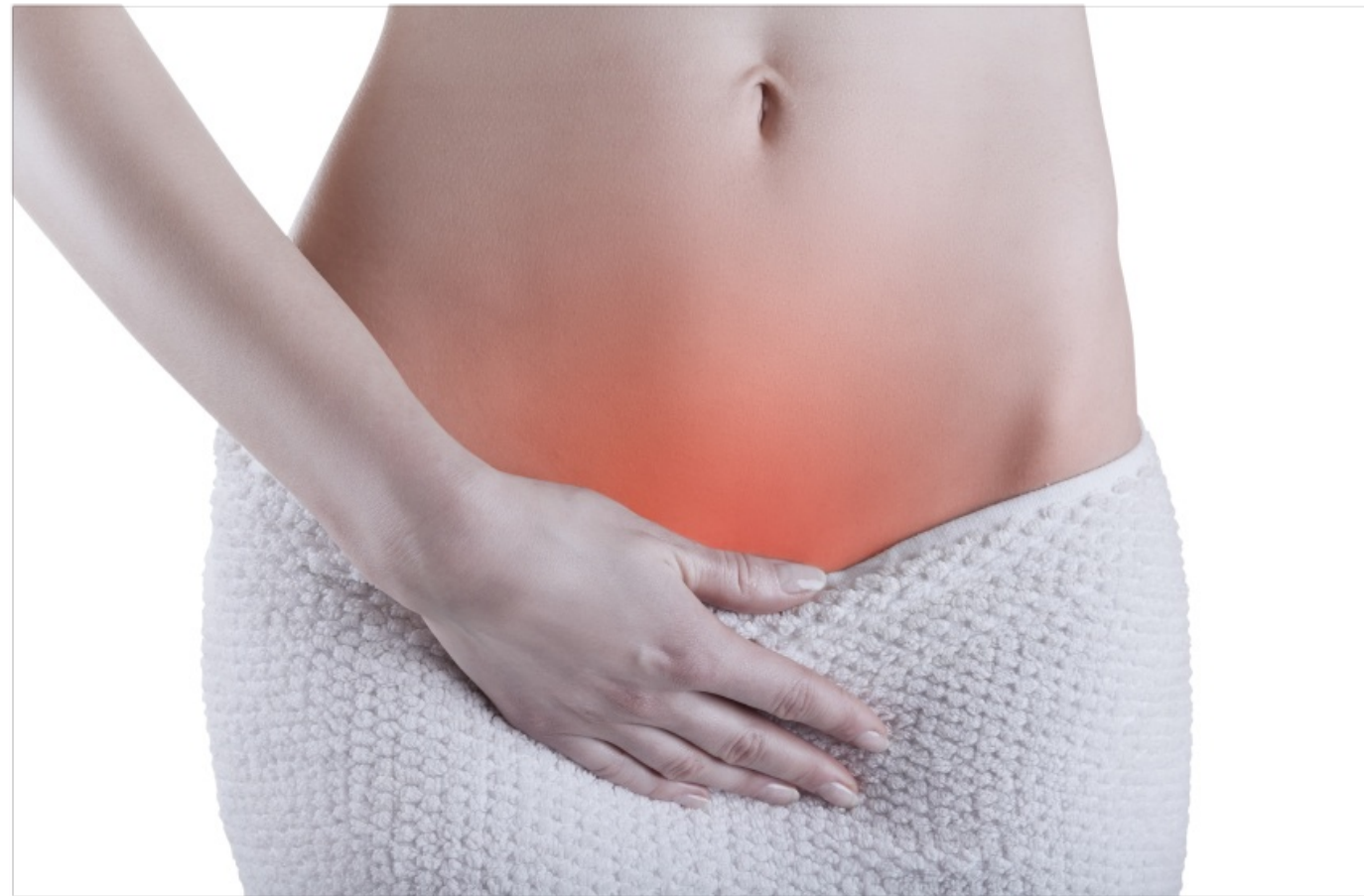


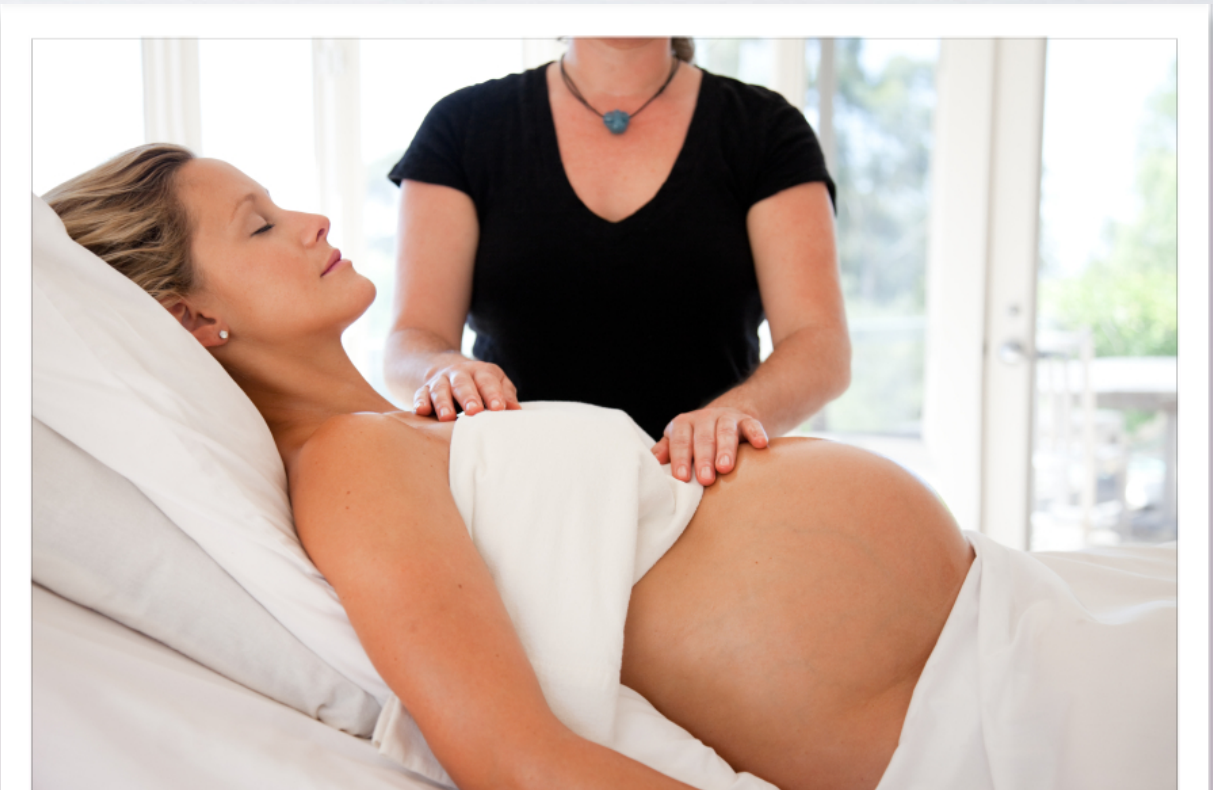
# PREGNANCY & TCM

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



# PREGNANCY & TCM

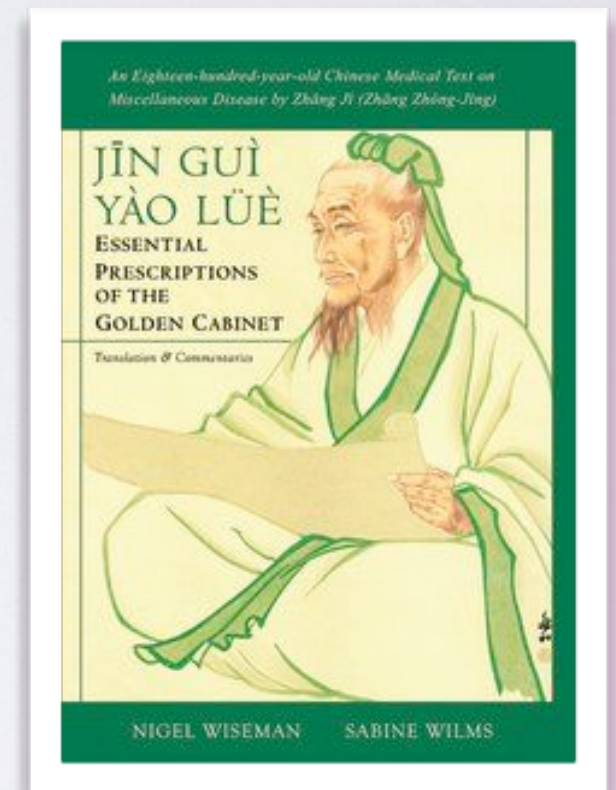
- INTRODUCTION
- IS ACUPUNCTURE SAFE
- THE PRACTITIONER'S ROLE
- TCM & WESTERN VIEWS
- RISK FACTORS
- COMPLICATIONS
- MISCARRIAGE PREVENTION



# PREGNANCY & TCM

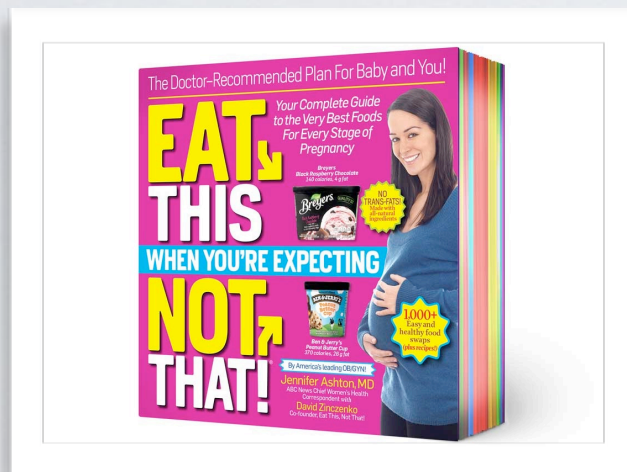
- Different opinions within the TCM community
- Different references within TCM classics
- Western medicine research

**FEAR**



# PREGNANCY & TCM

Information overload!



# PREGNANCY & TCM

## The practitioner's role

- Educate the patients about the **safety** of Chinese medicine in pregnancy.
- Talk about each trimester and what benefits TCM can **provide**.
- TCM health care **recommendations**.
- Provide support, but know the **limitations** of TCM.
- Offer support: midwives!



# PREGNANCY & TCM

- **Future Mother:** conception depends on good Blood & Essence, strong KD & LV & healthy Ren & Chong meridians.
- **Future Father:** conception depends on good Essence.
- **Future parents:** Conception occurs between mother, father & the warm fire of Ming Men.

## TCM View of Pregnancy



# PREGNANCY & TCM

- **Menstruation blood is transformed into milk & nutrient** to help nourish the mother & fetus.
- During pregnancy there is an **abundance of Yin** because there isn't blood loss any longer & there also is an increase in Fluids.
- **KD Qi & Essence** feed the fetus so there is strain on KD.

## TCM View of Pregnancy



**10 Lunar Months**

# PREGNANCY & TCM

## Most common Syndromes treated with TCM

- Morning Sickness
- Fatigue
- Headache/Migraines
- Carpal Tunnel Syndrome
- Sciatica/Back pain/Pubic Pain
- Breech
- Depression/anxiety
- Late labour





# PREGNANCY & TCM

## Basic Treatment

- Nourish Blood
- Tonify KD
- Move Qi gently
- Tonify SP
- Eliminate dampness



# PREGNANCY & TCM

## Contraindications

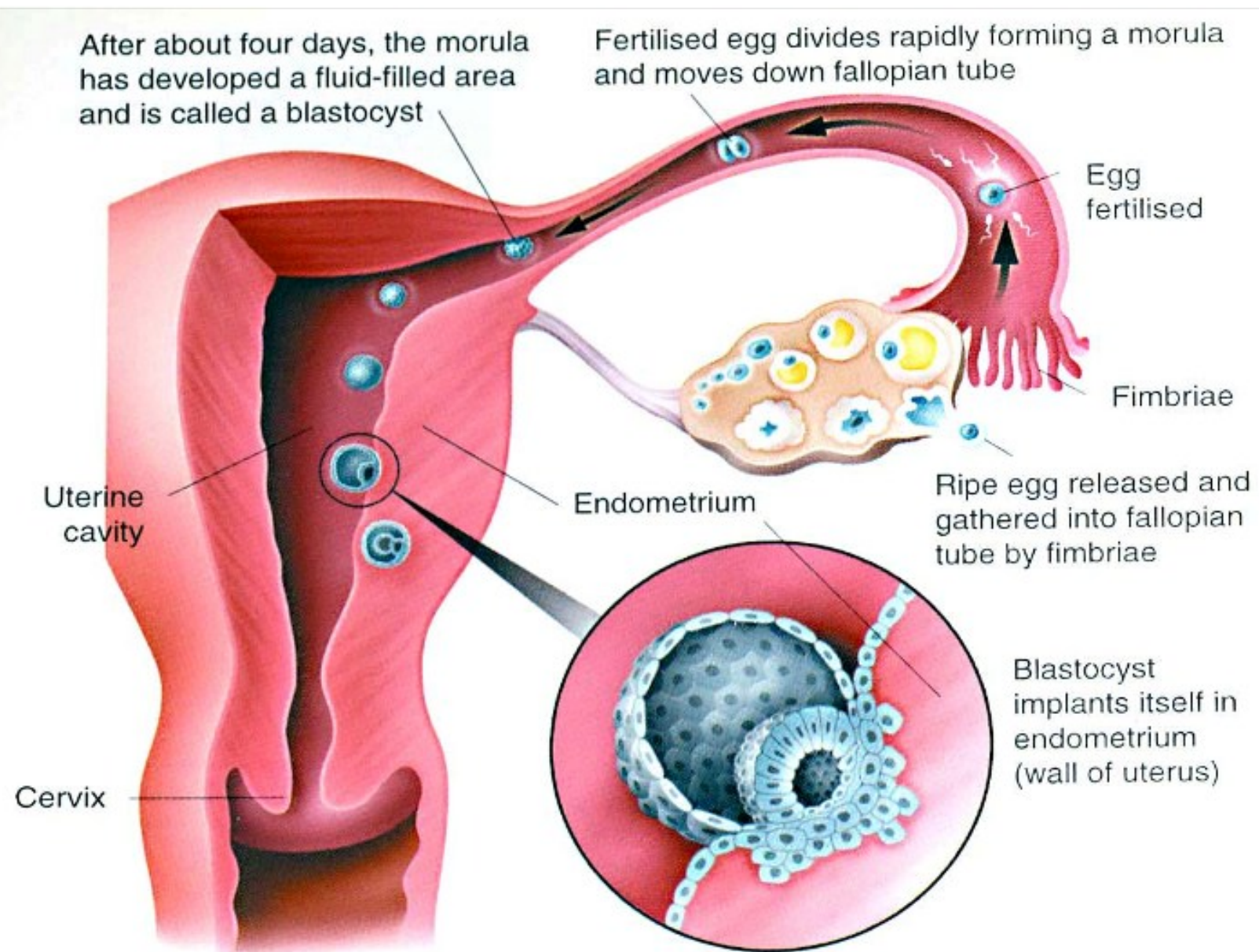
- **The 1<sup>st</sup> trimester:** don't needle lower abdomen (above REN 11 is safe) or lower back.
- **The last 6 months:** do not needle the entire abdomen or lower back.
- **Do not use** these during the whole pregnancy: LI 4, St 12, Sp 6, Gb 21, Bl 31 to 34, Bl 60, and Bl 67.



**No Electro-Acupuncture  
or Strong Cupping**

# PREGNANCY & TCM

## Western View of Pregnancy



- **Ovulation:** release of the egg by the ovary.
- **Fertilization:** Sperm penetrates the egg.
- **Cleavage:** division of the Zygote & development of a blastocyst. Up to 7 days!
- **Implantation:** blastocyst attaches to the wall of the uterus.

# PREGNANCY & TCM



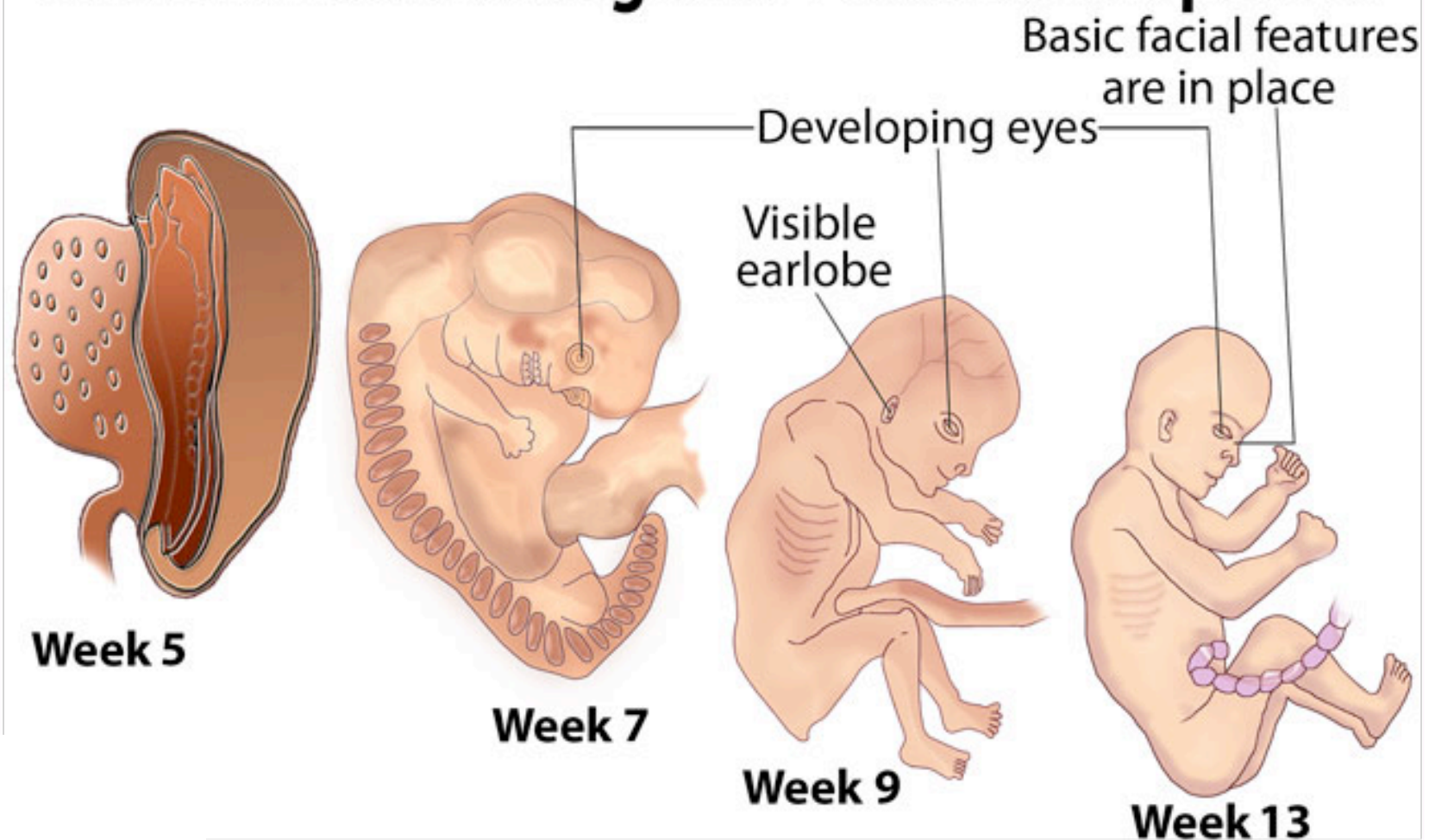
## Western View of Pregnancy

- **40 weeks pregnancy** from 1st day of last period
- **First Trimester:** 1 to 12
- **Second Trimester:** 13 to 27
- **Third Trimester:** 28 to 40

# PREGNANCY & TCM

## Western View of Pregnancy

### First Trimester: Stages of Fetal Development



- **Embryogenesis:** from embryo to Fetus.
- **Formation** of organs, nervous systems, fingers, eyes, mouth, ears
- **Development** of placenta and umbilical cord

# PREGNANCY & TCM

- **Fetus development:** week 13 to 40
- **Preterm baby:** before 37 weeks
- **Late term:** 42 weeks

## Western View of Pregnancy



# PREGNANCY & TCM

## Risk Factors

- Alcohol
- Drugs
- Diet
- Exercise
- Stress
- Sleep
- Age



# PREGNANCY & TCM

## Complications

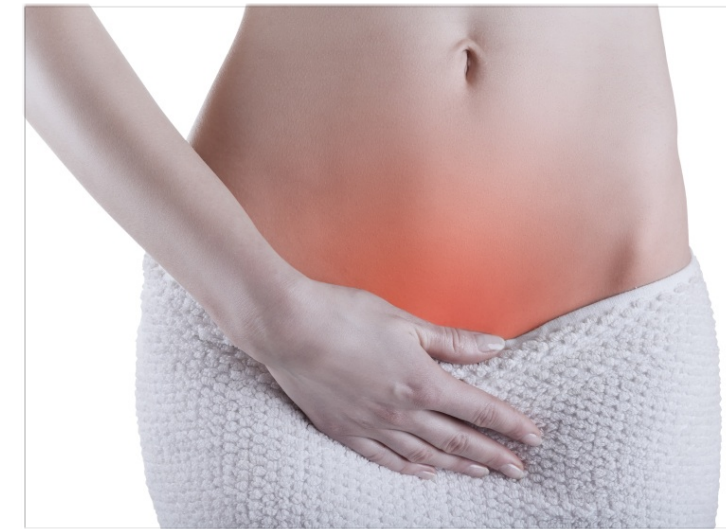
- Miscarriage
- Premature baby
- Stillborn
- Gestational Diabetes
- Placenta Previa
- High Blood Pressure
- Thyroid issues
- Anemia





# HABITUAL MISCARRIAGE & TCM

- History of Miscarriage -  
Prevention of recurring  
pregnancy loss & TCM



# The Practitioner's Role

- Treating the patient at least 2 to 3 months before next conception.
- Optimizing the patient's reproductive system and overall health.
- Preparing the patient for a healthy pregnancy
- Continuing treatments during the 1st trimester



# HABITUAL MISCARRIAGE & TCM

## Possible Causes According to TCM

- Weak constitution (weak Kd Essence)
- Trauma
- Emotional stress
- Drugs & medications
- 20 % Pregnant women bleed, but deemed safe



# HABITUAL MISCARRIAGE & TCM

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>Kd Yang def.</b>	History of miscarriage early in pregnancy, back ache, depressed, feels cold, very cold feet, frequent pale urine, T; pale swollen, P: deep-weak	Warm Kd Yang, consolidate Chong & Ren	<b>Bu Shen Gu Chong Wan</b>	<b>Bl 20, Bl 23, Du 20, Du 4, Kd 3, St 36, Rn 4 (moxa)</b>
<b>Kd Yin def.</b>	History of miscarriage early in pregnancy, difficulty in getting pregnant, dizzy, night sweat, tinnitus, backache, red cheeks, T: red/no coat, P: thin-rapid	Nourish Kd yin & consolidate Chong & Ren	<b>Bao Yin Jian</b>	<b>Lu 7 (r), Kd 6 (L) Kd 3, Du 20, St 36, Du 4, Rn 6, Rn 7</b>

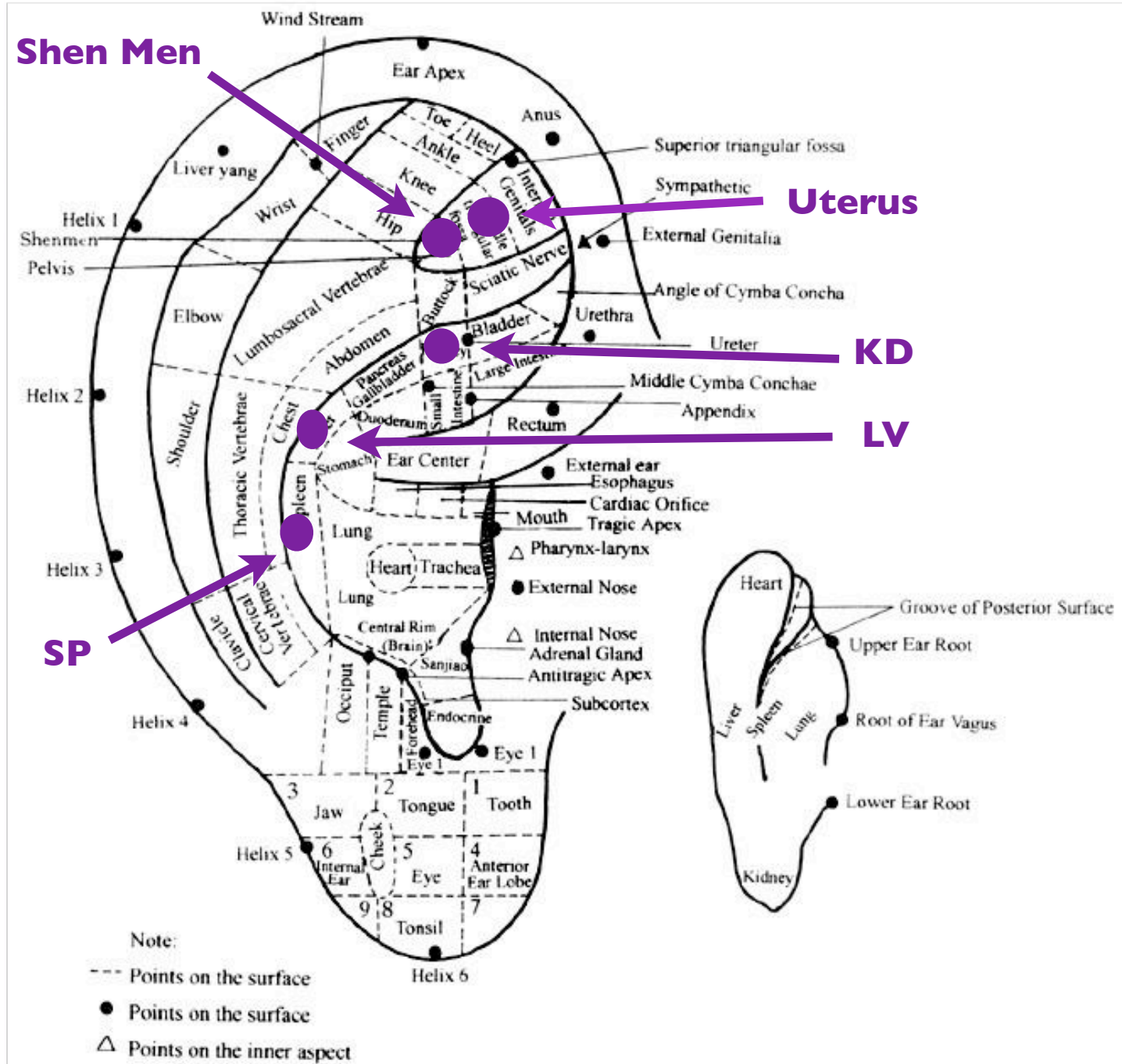
# HABITUAL MISCARRIAGE & TCM

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>Sp Qi def.</b>	History of miscarriage in second semester, fatigue, loose stools, depression, poor appetite, T: pale, P: weak	Tonify & raise SP Qi	<b>Gu Ben Zhi Beng Tang</b>	<b>Du 20, SP 6, Rn 6, St 36, Bl 20, Bl 23</b>
<b>Blood def.</b>	History of miscarriage any time, dizzy, blurred vision, scanty periods, insomnia, depressed, dry hair, tingling or numb limbs, T: pale, P: thin-choppy	Nourish Blood & Kd essence	<b>Ba Zhen Tang</b>	<b>Lu 7 (R), Kd 6 (L), Lv 8, Bl 18, Bl 20, Bl 23, Du 20, St 36, Sp6</b>

# HABITUAL MISCARRIAGE & TCM

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>Blood heat</b>	Feels hot, red face, thirst, mental restlessness, skin rashes, heavy periods, T: red /yellow coat, P:wiry-rapid	Clear heat, cool blood	<b>Qing Re Gu Jing Tang</b>	<b>Sp 10, Bl 17, Li 11, Lv 2, Lv 3, Kd 2, Pc3</b>
<b>Blood stasis</b>	History of miscarriage any time, painful irregular periods w/dark clots, cold abd pain, T: purple, P: wiry	Move blood, warm uterus	<b>Shao Fu Zhu Yu Tang</b>	<b>Rn 4 (moxa) Bl 17, Sp 10, Lv 3, Sp 6</b>

# HABITUAL MISCARRIAGE & TCM



## Tx Options

### Ear Points:

Shen Men  
 LV, SP, KD  
 Uterus

# HABITUAL MISCARRIAGE & TCM

## Avoid all Risk factors

- Processed foods, alcohol, caffeine, cold smoothies & too many raw foods
- Over exercising and/or over working
- Emotional Stress

## Patient is ready!

- Once the patient has a healthy asymptomatic cycle, and the practitioner feels the patient can carry a baby to term. He/she may give the patient the green light to try to conceive again
- The practitioner will continue treatments at least weekly during the first trimester to prevent another loss.





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