

POST CHILD BIRTH & TCM

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



POST CHILD BIRTH & TCM

- INTRODUCTION
- POSTPARTUM CARE
- BASIC POSTPARTUM TX
- BREAST MILK ISSUES
- POSTPARTUM DEPRESSION
- HEMORRHOIDS
- PROLAPSE



POST CHILD BIRTH & TCM

- **Postpartum care:** non existent in modern times.
- **Expectations for the mother:** caring for the newborn, other children (if any), cook, clean, and do everything, as if she doesn't need care for herself!
- **Midwife postpartum care.**

Introduction



POST CHILD BIRTH & TCM

Modern culture expectation:

- The new mother should **bounce back** (like celebrities) **quickly!** Loose weight, feel good mentally, get her libido back and feel energetic.
- Women's bodies are wrecked by childbearing and any **problems are normal!**

Introduction



POST CHILD BIRTH & TCM

Common Complications of Childbirth

- Hemorrhoids
- Uterine Prolapse
- Urinary Incontinence
- Diastasis Recti (Abdominal separation)
- Vaginal tearing during birth
- No libido
- Stretch marks
- Weight gain
- Fatigue
- Depression
- Low breast milk
- Mastitis



POST CHILD BIRTH & TCM

Support Team:
partner, family, friends,
midwife, lactation
consultant, pelvic floor
physiotherapist,
acupuncturist, naturopathic
doctor, massage therapist...

Postpartum Care



POST CHILD BIRTH & TCM

Postpartum Care

Placenta Encapsulation Centuries Old Tradition



The placenta is steamed, dehydrated, ground, and placed into capsules.

This process is done by a **trained and experience practitioner.**

It is taken after childbirth for a healthier recovery.

Taking placenta has been shown to help **reduce postpartum depression, boost oxytocin, increase milk production and restoration of Iron levels in the blood.**

POST CHILD BIRTH & TCM

- After child-birth: she shouldn't work long hours as it cause **Essence deficiency**.
- 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**.

TCM View



POST CHILD BIRTH & TCM

Chinese medicine recommendations:

- Rest - No sexual intercourse
- Abdominal binding: day 2 after vaginal birth, day 6 after C-Section
- Avoid drinking cold water & cold food
- No bathing (only shower)
- No washing hair. use dry shampoo
- Avoiding draft and cold air.
- No lifting heavy objects

Postpartum Care



POST CHILD BIRTH & TCM

Postpartum Care

Chinese Herbal Formula: Sheng Hua Tang

1 to 2 weeks post birth, twice per day with meals will nourish & move blood, and warm the uterus. Great recovery formula



SCANTY BREAST MILK

Physiology: Estrogen, progesterone, prolactin and oxytocin cause the ducts and glandular tissue (alveoli) to grow and increase in size. The breasts start to make the first milk, colostrum, in the second trimester. Colostrum is thick and clear to yellow in color. Once the baby and the placenta are delivered, the body starts to make more milk. Over the next few days, the amount of milk the breasts make will increase and the color will change to appear more watery and white.

Western View



SCANTY BREAST MILK

TCM Theory

- **Definition:** the absence of milk or very scanty milk flow.
- ST connects to the Uterus via the **Chong meridian** breast feeding.
- **Causes:** Blood loss at labour time, long labour, emotions.



SCANTY BREAST MILK

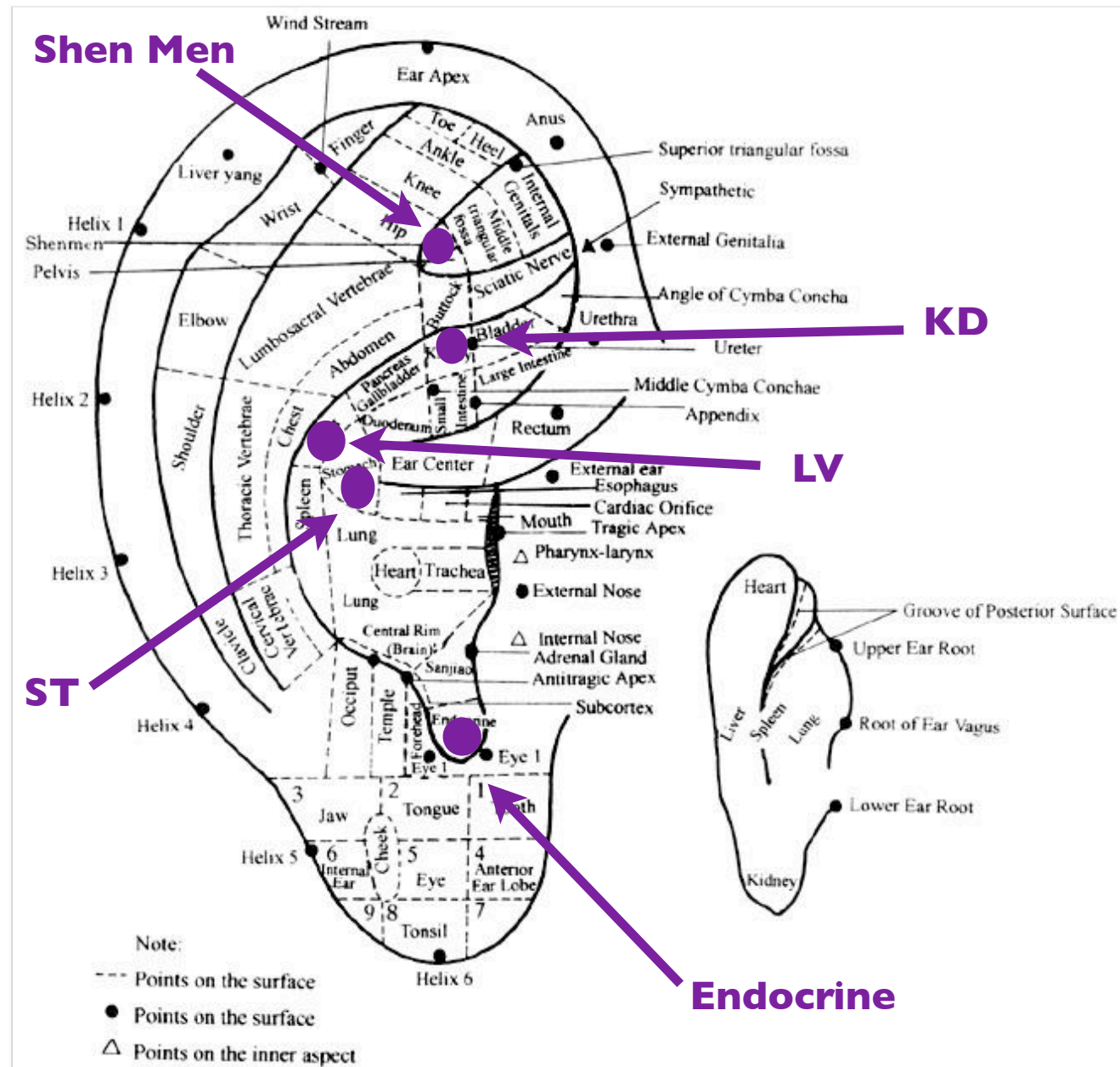
TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Qi & Blood Def.	Scanty breast milk or none at all, no breast distension, dry skin, poor appetite, loose stools, pale face & lips, very fatigue, T: pale, P: choppy	Nourish Blood, tonify Qi, promote flow	Tong Ru Dan	St 36, Sp 6, Lv 8, Gb 41, St 18, St 12, Rn 4, Rn 17, Si 1
Lv Qi Stagnation	Scanty or no breast milk, breast distension & pain, rib pain, irritable, bloated, P: wiry	Move Lv Qi, promote milk	Xia Ru Yong Quan San	Gb 41, St 18, Rn 17, Lv 3, Li 4, Si 1, Gb 34
Qi & Blood Stagnation & Heat	Same symptoms as above + mental restlessness, insomnia, abd pain, hot swollen breast, T: red –purple, P: wiry-rapid	Clear heat, move Qi & blood, promote milk	Shu Gan Tong Ru Tang	Same as above + Li 11, St 44

SCANTY BREAST MILK

Tx Options

Ear Points:

Shen Men
LV, ST, KD
Endocrine



SCANTY BREAST MILK

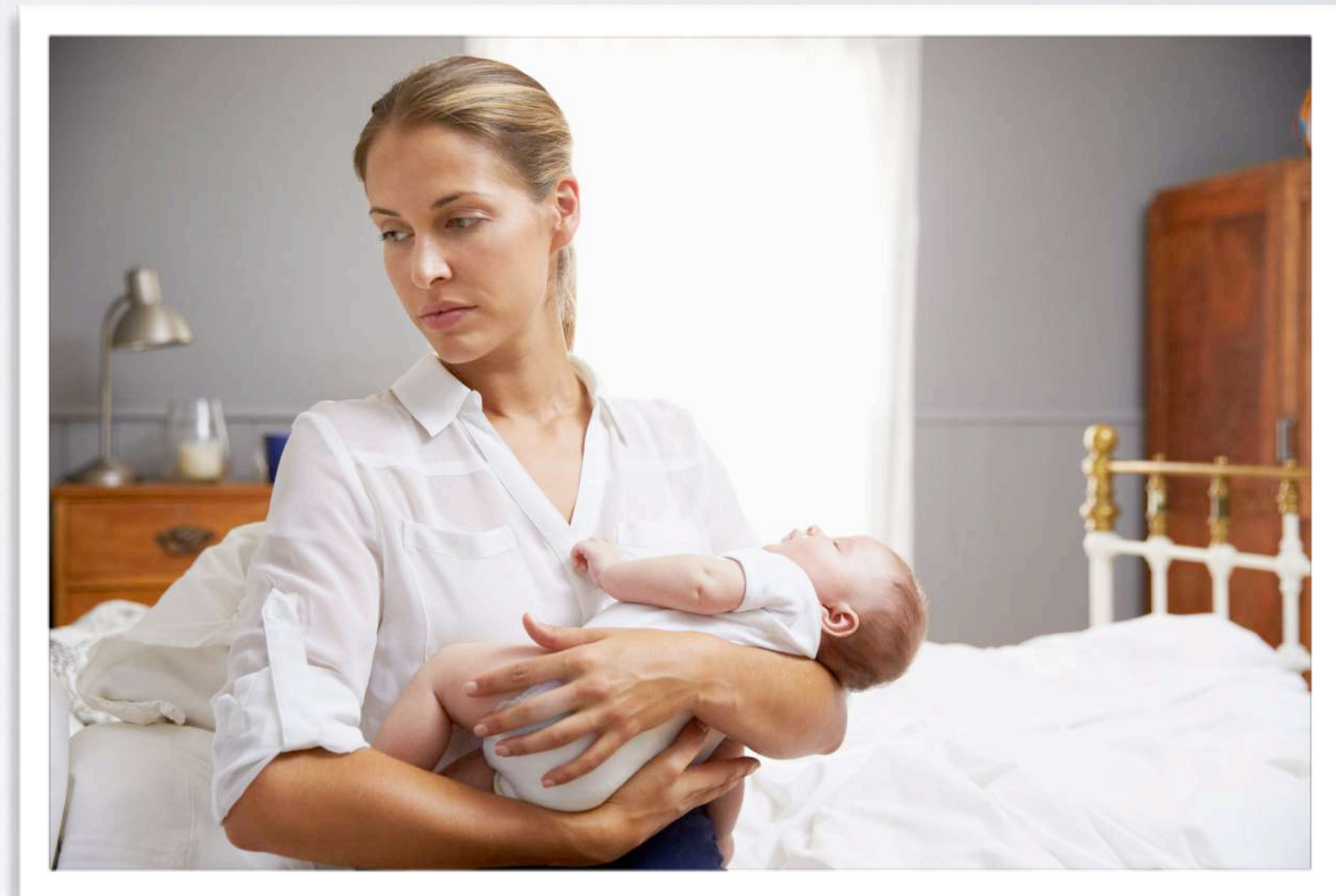
Tx Options

- Fenugreek daily in capsules.
- Nursing frequently.
- **Diet:** Barley, papaya, fennel, beets, apricots, sesame seeds.
- Lactation consultant.



POSTPARTUM DEPRESSION

- **Definition:** “baby Blues” refers to depression after delivery lasting more than a week and is associated with lack of interest in the baby, anxiety, constant fatigue, crying a lot, homicidal or suicidal thoughts and even psychotic behaviour.
- **Causes:** Blood loss at labour, long labour, emotions, stress, loneliness, pre-existing mental health issues.



POSTPARTUM DEPRESSION

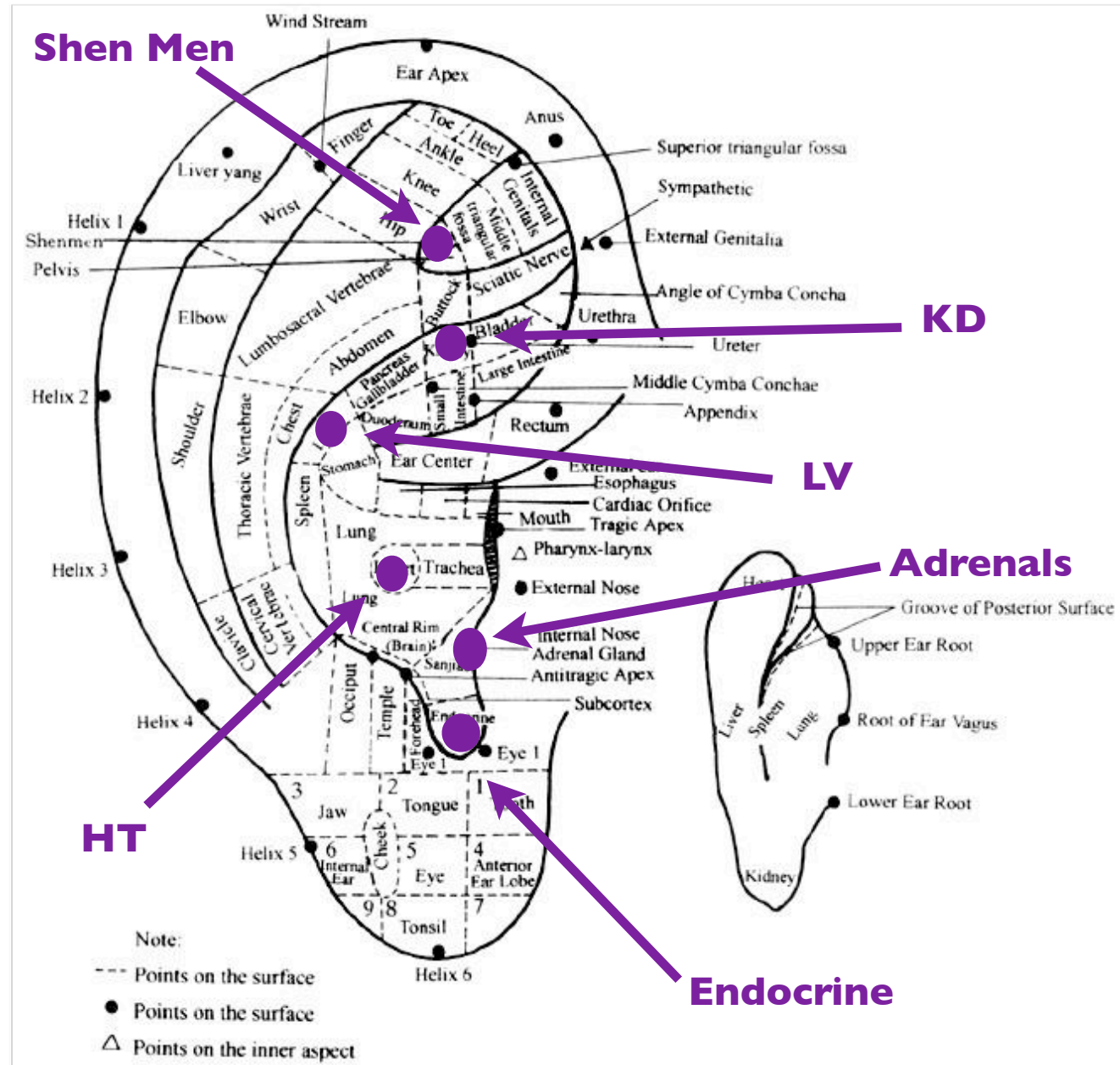
TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
HT Qi & Blood Def.	Palpitations after delivery, anxiety, vertigo, dizzy, poor memory, day sweat, incoherent speech & thoughts, insomnia, restless, T: pale, P: thin	Nourish Blood Tonify Qi, calm the mind	Gui Pi Tang + Mu Li, Mai Dong, Wu Wei Zi	Bl 15, Bl 17, Ht 7, Du 20, St 36, Sp 6
HT Blood stasis	Palpitations, cannot sit still, insomnia, Lochia retention, manic, visual or auditory hallucinations, looks possessed, Abd pain, bloated, purple lips-nails, T: purple, P: choppy	Move Blood, calm the mind	Chuan Xiong San + Pu Huang	Sp 10, Bl 17, Lv 3, Li 4, Du 20, Ht 7
HT & KD Yin def.	Palpitations, depressed, fatigue, low back ache, anxiety, dizzy, tinnitus, poor memory, insomnia, night sweat, red cheeks, 5 centre heat, T: red no coat, P: thin-rapid	Nourish Yin, calm the mind	Ren Shen Dang Gui Tang	Bl 15, Bl 23, Ht 7, Kd 3, Sp 6, Du 20

POSTPARTUM DEPRESSION

Tx Options

Ear Points:

Shen Men
HT, KD, LV
Endocrine, Adrenals



POSTPARTUM DEPRESSION

Tx Options

- **Medications:** antidepressants, hormones therapy.
- **Support** (Groups, counselling, family).
- **Rest:** accepting help & requesting it!
- **Avoiding isolation.**
- **Realistic expectations:** the superwoman syndrome.
- **Omega 3 EFA.**



HEMORRHOIDS AFTER CHILDBIRTH

- **Definition:** swollen veins in the anal area, which have formed during pregnancy due to constipation. They may be painful and/or bleeding.



HEMORRHOIDS AFTER CHILDBIRTH

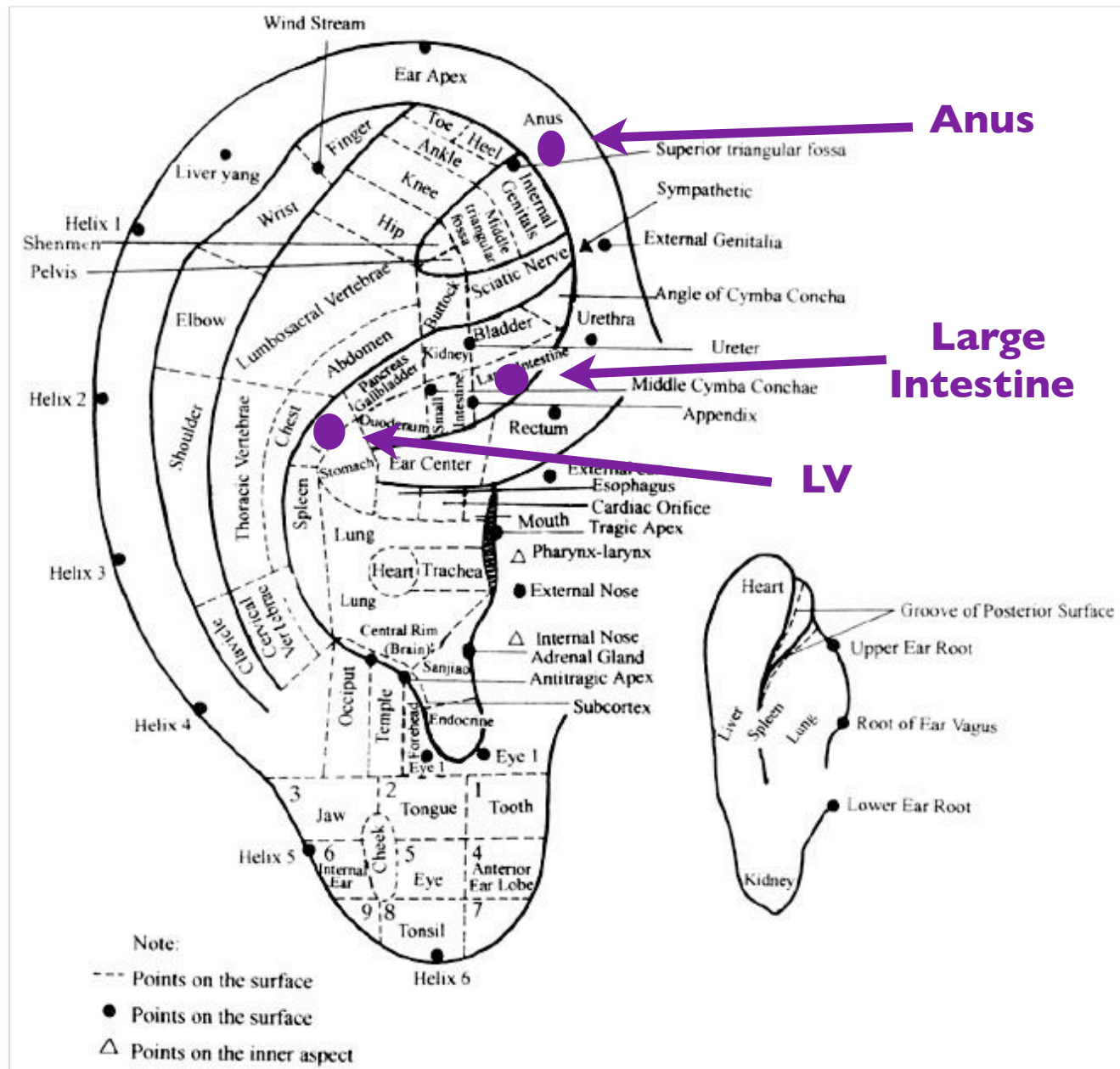
- Basic Acupuncture points for Hemorrhoids.
- Bl 57, Er Bai, Li 4, Lv 3, Du 1, Sp 9 (if swelling).
- Add constitutional Points



HEMORRHOIDS AFTER CHILDBIRTH

Tx Options

Ear Points:
LI, LV, Anus



HEMORRHOIDS AFTER CHILDBIRTH

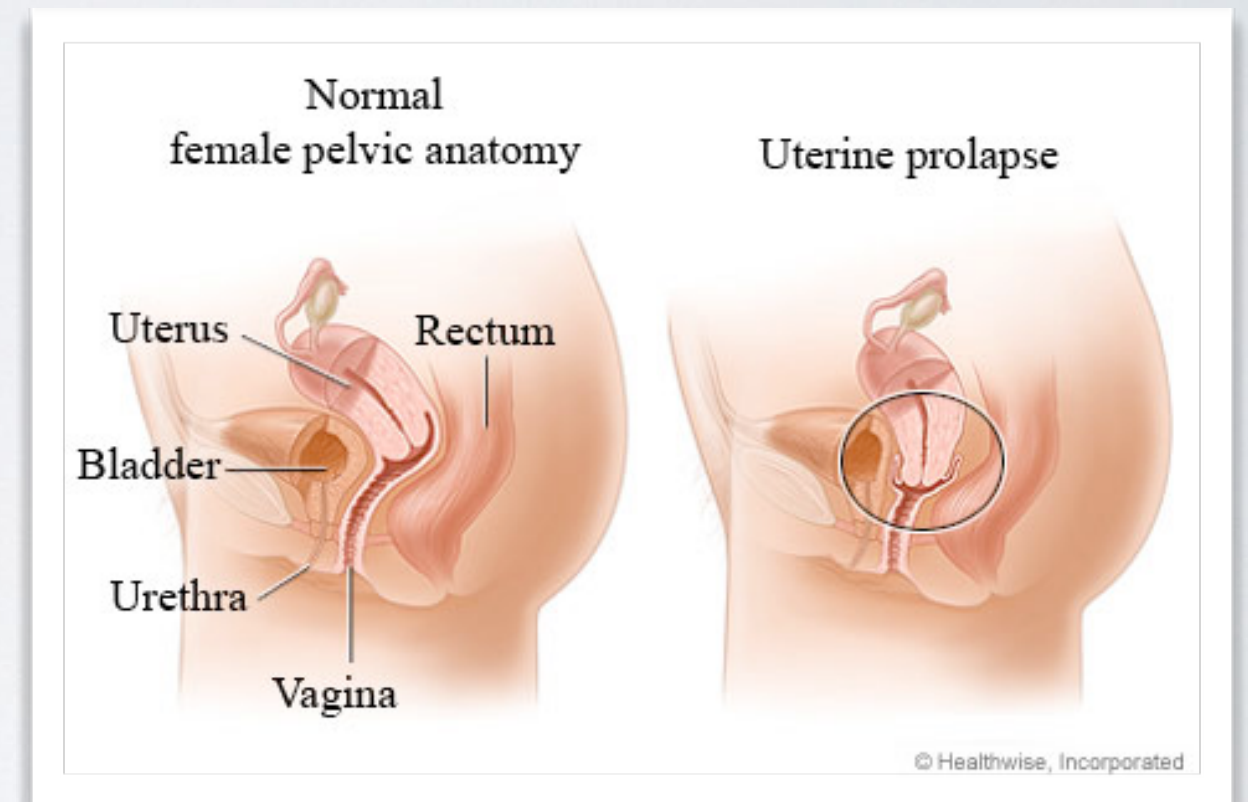
- Avoiding to stand for long period of time.
- Compress of Witch Hazel or Dandelion tea.
- Avoid constipation by eating a diet rich in EFAs and hydrating often.

Tx Options



PROLAPSE AFTER CHILDBIRTH

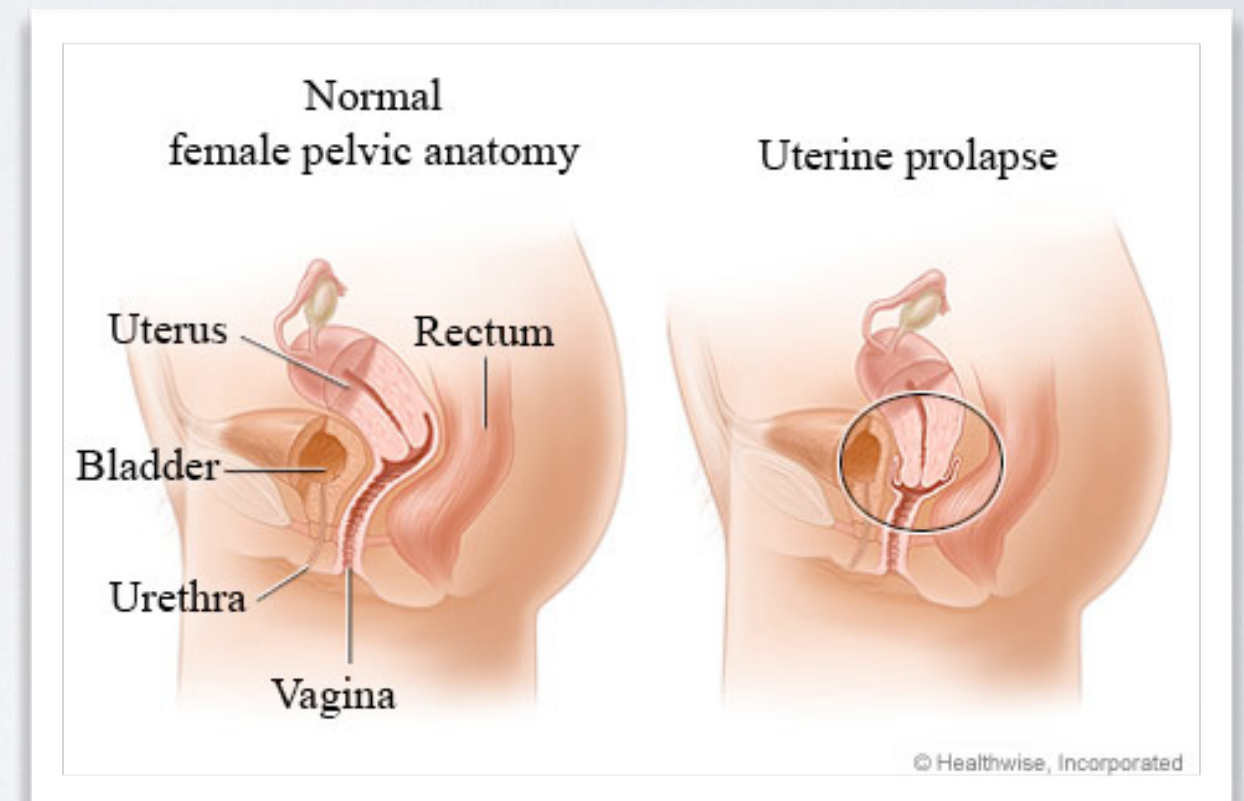
Definition: Prolapse occurs when there is a weakness in the pelvic floor supporting structures. This weakness allows one or more of the **pelvic organs (bladder, uterus and/or bowel) to move down**. The pelvic floor is usually weak after pregnancy and childbirth which means that with pelvic floor recovery, prolapse immediately after childbirth often improves from its initial presentation. Prolapse that resolves immediately after childbirth can still be an indication that future prolapse problems may arise.



PROLAPSE AFTER CHILDBIRTH

Possible Causes:

- Traumatic vaginal delivery
- Large birth weight baby
- Pelvic floor muscle weakness
- Chronic constipation and straining
- Chronic chest problems causing coughing
- Obesity and overweight



PROLAPSE AFTER CHILDBIRTH

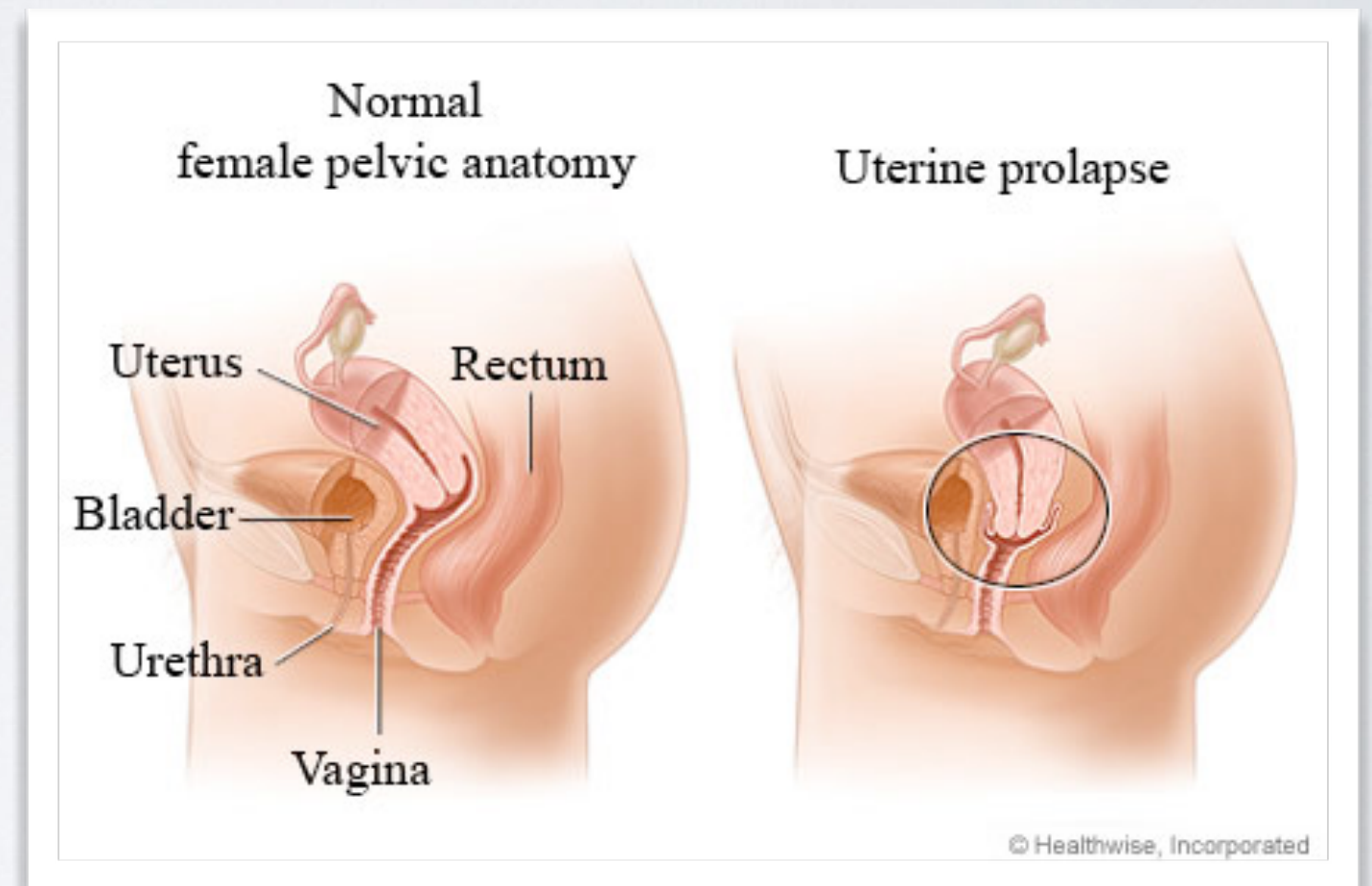
Symptoms:

Prolapse can present with or without symptoms after childbirth. When prolapse does present with symptoms these can include any of the following:

- Bulging sensation in the vagina
- Dragging heavy feeling in the pelvis
- Lower abdominal or lower back ache
- Visible bulge from the vagina
- Difficulty inserting or retaining tampons
- Typically these symptoms become more evident with prolonged standing or towards the end of the day.

PROLAPSE AFTER CHILDBIRTH

- Basic Acupuncture points for Prolapse.
- Sp 6, Ren 6, Du 20, Gb 34, Kd 6, Kd 3.
- Add constitutional Points



PROLAPSE AFTER CHILDBIRTH

Tx Options

- Wearing a postpartum girdle
- Pelvic floor physiotherapy
- Rest
- Herbal Fx:
Bu Zhong Yi Qi Tang







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