



A

PART

INFERTILITY

**A practical approach to the clinical
management of female infertility**



**PART
B
CHINESE HERBAL
TREATMENT FOR:**

- **Dermatitis and Eczema**
- **Alopecia**



INFERTILITY

- Failure to conceive after one year of sexual activity without contraception, even though both parties are healthy.
- Classified as **primary** and **secondary**
- **Primary:** women who have not previously conceived
- **Secondary:** failure to conceive after a previous pregnancy (that may or may not have gone to full term).



INFERTILITY – INCIDENCE

Approximately 15% of couples of reproductive age are affected

Female factors:	47%
Male factors:	19%
Male and female combined:	18%
Unknown etiology:	11%
Other causes:	5%.



INFERTILITY – CAUSES

- Hormonal factors affecting ovulation 41%
- Abnormalities of the fallopian tubes 32%
- Uterine abnormalities 16%
- Abnormalities of the cervix 5%
- Other causes 5%



INFERTILITY – CAUSES (Ctd.)

Two major categories of infertility:

- Hormonal
- Structural (i.e. obstructive)

Basic differentiation in TCM:

- Deficiency syndromes
- Excess syndromes



TCM DIFFERENTIAL DIAGNOSIS

Deficiency category (= hormonal imbalance):

- Kidney Essence deficiency
- Qi-Blood dual deficiency

Excess category (= obstruction):

- Phlegm-Damp retention
- Blood stasis

Liver Qi stagnation

- Either a deficiency or an excess type
- Generally occurs together with one or more of the above



TCM DIFFERENTIAL DIAGNOSIS

Five major syndromes of infertility:

- Kidney Essence deficiency
- Qi-Blood dual deficiency
- Liver Qi stagnation
- Phlegm-Damp retention
- Blood stasis



KIDNEY DEFICIENCY

Key signs and symptoms:

- Disorders of sexual function: - libido and fertility
- Delayed development in children
- Early senility
- Low back pain
- Age-related cognitive decline
- Severe fatigue and weakness, dizziness, tinnitus
- Disorders of body temperature regulation (e.g. flushing, night sweats or cold extremities and intolerance of the cold)
- Disorders of urination (e.g. oliguria, fluid retention, polyuria, nocturia and dribbling)
- Respiratory disorders with dyspnea



KIDNEY YANG-ESSENCE DEFICIENCY

- Long menstrual cycle
- Cold signs: intolerance of cold, cold extremities and lower abdomen
- Urination is copious and clear
- Tongue is pale swollen and moist
- Pulse is deep, weak and slow



KIDNEY YANG-ESSENCE DEFICIENCY

- Sexual hypofunction (low libido, dry vagina)
- Long cycle with scanty and pale flow, or amenorrhea
- Low back pain with a cold sensation, cold knees, weakness of the legs and knees, intolerance of cold, cold extremities and lower abdomen, severe fatigue
- Pale and dull complexion
- Urination is copious and clear, nocturia
- Dizziness, tinnitus
- Apathy, lack of will power, gloomy disposition, depressed mood
- Poor appetite, loose stools
- Possibly leukorrhea with thin and pale discharge
- Tongue is pale, swollen and moist
- Pulse is deep and weak and may also be slow



KIDNEY YANG-ESSENCE DEFICIENCY

Treatment Principle:

- Warm-tonify the Kidney Yang
- Enrich the Kidney Essence (to nourish the Chong and Ren Channels [= the uterus])

Formulas:

BA JI YIN YANG WAN (Morinda Formula)

OR

YOU GUI WAN (Right Returning Formula)



KIDNEY YIN-ESSENCE DEFICIENCY

- Early menstruation (i.e. short cycle)
- Dry mouth
- Night sweating
- Red tongue with little or no coat
- Pulse is rapid



KIDNEY YIN-ESSENCE DEFICIENCY

- Short cycle, scanty and light coloured flow, no clots
- Frequent sexual dreams, increased libido, dry vagina
- Dizziness or vertigo, tinnitus, poor memory, sleep disturbance, hearing loss, pain and weakness of the low back and knees
- Emaciation, thin physique
- Night sweating, heat in the five centres, malar flush, afternoon fever (or subjective sensation of heat)
- Dry mouth (worse at night), thirst, dry and hard stools possibly constipation, dark and scanty urine
- Tongue is red and dry with little or no coat and may also have cracks
- Pulse is thready and rapid



KIDNEY YIN-ESSENCE DEFICIENCY

Treatment Principle:

- Nourish the Kidney Yin
- Enrich the Kidney Essence (to nourish the Chong and Ren Channels [= the uterus])
- Nourish the Blood (... nourish the uterus)

Formulas:

ZUO GUI WAN (Left Returning Formula)

Plus

SI WU WAN (Danggui Four Combination)



QI-BLOOD DUAL DEFICIENCY

- Scanty menstrual flow, which is pale in colour
- Pale or sallow complexion
- Fatigue, muscular weakness
- Poor appetite, loose stools (Spleen)
- Shortness of breath on mild exertion, weak, low voice (Lung)
- Palpitations, postural dizziness (Heart)



QI-BLOOD DUAL DEFICIENCY

- Scanty menstrual flow, pale in colour, possibly with a prolonged cycle, or amenorrhea
- Pale or sallow complexion, lack of vitality
- Fatigue, muscular weakness, sweating on mild exertion
- Poor appetite, loose stools
- Shortness of breath on mild exertion, weak, low voice, reluctance to speak
- Palpitations, postural dizziness
- Dry eyes, dry and lustreless skin and hair
- Cold extremities, tingling or numbness of the extremities
- Tongue is pale with a thin white coat
- Pulse is thready and weak



QI-BLOOD DUAL DEFICIENCY

Treatment Principle:

- Tonify the Qi
- Nourish the Blood

Formulas:

SHI QUAN DA BU WAN (Ginseng & Danggui Ten F.)

OR

REN SHEN YANG RONG TANG (Dangshen,
Astragalus & Dang-Gui Qi & Blood Tonic F.)



LIVER QI STAGNATION

Distinguishing features:

- Mood disturbance (e.g. depression, irritability, emotional volatility, angry outbursts, etc.)
- Discomfort in the hypochondria and/or chest
- Aggravation of symptoms by emotional strain
- Wiry pulse



LIVER QI STAGNATION, DEFICIENCY SYNDROME

- Irregular menstruation
- Lower abdominal distending pain before and during menstruation, breast distension and pain before the period (i.e. PMS)
- Scanty, dark and clotted menstrual flow
- Depressed mood, irritability, restlessness
- Tongue is normal
- Pulse is wiry



LIVER QI STAGNATION, DEFICIENCY SYNDROME

- Irregular menstruation, lower abdominal pain before and during menstruation, breast distension and pain before the period (i.e. PMS), scanty, dark and clotted menstrual flow
- Depressed mood, sense of frustration, stress, repressed anger
- Sense of tightness or oppressive sensation in the chest, the need to make an effort to take a deep breath, sighing
- Sensation of distension with mild pain in the hypochondria, chest, and/or abdominal region
- Symptoms that come on or are aggravated by emotional strain
- Muscular tension, particularly in the trapezius and lower thoracic paraspinal muscles
- Digestive system symptoms (due to the Liver Qi failing to promote the Spleen-Stomach): loss of appetite, reflux, belching, excessive borborygmi, loose stools or constipation, epigastric or abdominal distension or discomfort
- Tongue body is usually normal
- Pulse is wiry



LIVER QI STAGNATION, DEFICIENCY SYNDROME

Treatment Principle:

- Disperse the stagnant Liver Qi
- Tonify the (Liver) Qi and Blood
- Regulate menstruation (by regulating the Qi and Blood)

Formulas:

XIAO YAO SAN (Bupleurum & Danggui Formula)

PLUS

XUE FU ZHU YU TANG (Persica & Cnidium Co.)

OR

CHAI HU SHU GAN WAN (Bupleurum & Cyperus Co.)

PLUS

TAO HONG SI WU WAN (Persica, Carthamus & Dang-gui Co.)



LIVER QI STAGNATION, WITH STAGNANT HEAT (OR FIRE)

- Irritability and possibly also frequent angry outbursts
- Sleep disturbance
- Scanty and dark urination
- Tongue is dry and has red edges and possibly also a red tip
- Pulse is wiry and (slightly) rapid



LIVER QI STAGNATION, WITH STAGNANT HEAT (OR FIRE)

Treatment Principle:

- Disperse the stagnant Liver Qi
- Tonify the (Liver) Qi and Blood
- Regulate menstruation (by regulating the Qi and Blood)
- Clear stagnant Heat (or reduce Fire)

Formulas:

JIA WEI XIAO YAO SAN (Bupleurum & Peony For.)

Plus

XUE FU ZHU YU TANG (Persica & Cnidium Co.)



PHLEGM-DAMP RETENTION

- Overweight or obese patient
- Prolonged menstrual cycle with scanty flow
- Tongue coast is greasy



PHLEGM-DAMP RETENTION

- Overweight or obesity, sensation of bodily heaviness
- Prolonged menstrual cycle with scanty flow or amenorrhea
- Leucorrhea
- Pale complexion
- Dizziness
- Palpitations, full sensation in the chest,
- Nausea
- Tongue coat is greasy and may be with or creamy-yellow
- Pulse is slippery



PHLEGM-DAMP RETENTION

Treatment Principle:

- Resolve Phlegm
- Dry Damp
- Regulate the Qi to readjust menstruation

Traditional Formulas:

WEN DAN TANG (Bamboo and Hoelen Co.)

PLUS one of:

YOU GUI WAN (Right Returning Formula)

Kidney Yang
deficiency

CHAI HU SHU GAN WAN (Bupleurum & Cyperus Co.)

Liver Qi
stagnation

SHI QUAN DA BU WAN (Ginseng & Danggui Ten F.)

Qi-Blood
dual deficiency



BLOOD STASIS

- Irregular cycles, infrequent periods, long cycle
- Dysmenorrhea
- Menstrual flow is dark and contains dark clots
- Dark or purple tongue or tongue with dark or purple spots



BLOOD STASIS

- Prolonged menstrual cycle
- Dysmenorrhea with lower abdominal pain that is relieved after the passage of the clots
- Menstrual flow is dark and contains dark clots
- Possibly fixed abdominal mass (or masses)
- Dark or purple tongue or tongue with dark or purple spots
- Pulse is wiry and uneven



BLOOD STASIS

Treatment Principle:

- Activate the Blood and dispel stasis to regulate menstruation.

Traditional Formulas:

For mild Blood stasis

TAO HONG SI WU WAN (Persica, Carthamus & Danggui Co.)

OR

For more severe Blood stasis

TONG JING WAN (Danggui & Notoginseng Co.)



MIXED SYNDROME TYPES

a) DEFICIENCY TYPE

➤ Correlates with hormonal imbalance

➤ Syndromes:

Kidney Essence deficiency

Qi-Blood dual deficiency

➤ **Key S/S:**

Fatigue, weakness, low back pain, pale tongue, weak pulse.

Also: prior history of miscarriage, or with a threatened miscarriage.

Formula:

Rehmannia, Astragalus & Perilla Stem

FERTILITY SUPPORT II Formula (CM138)



MIXED SYNDROME TYPES

b) MIXED EXCESS-DEFICIENCY TYPE

- Correlates with structural abnormalities that prevent ovulation or implantation
- Syndromes:
 - Qi stagnation and Blood stasis**
 - Kidney Essence and Blood deficiency**
- **Key S/S:**
 - Irregular (infrequent) periods, dysmenorrhea, purple patches on tongue, wiry and uneven pulse

Formula:

Red Peony, Dang-Gui & Cuscuta

FERTILITY SUPPORT I Formula (CM140)



CASE STUDY

S.D. 39 years old, 'creative director' (multimedia events); 12 months trying to get pregnant, no medical abnormalities detected. Past history, 2 pregnancies terminated. Asthmatic, early spring only (2 weeks); migraine headaches.

S/S: Fatigue, worse a.m.; work-related stress, occasionally disrupts sleep, hot hands and feet, hot body at night, feels heavy and 'bloated' after eating, irregular bowel movements, occasionally hard stools that are difficult to pass, headaches usually towards the end of the week due to 'fatigue & stress', emotionally 'up & down', thirst, deep colored urine

Menstrual cycle: 28 days, no PMS, 3 days flow: 1 day heavy, 2 days light

Tongue: red, thin and greasy coat

Pulse: Slippery & wiry



CASE STUDY

Analysis

- Fatigue, worse a.m. Qi Deficiency
- Work-related stress, occasionally disrupts sleep, hot hands and feet, hot body at night: Liver Qi stagnation with Heat
- Feels heavy and 'bloated' after eating : Spleen Qi deficiency; retained Damp
- Irregular bowel movements, occasionally hard stools that are difficult to pass: Liver Qi stagnation → Heat → drying Body Fluids → Dry Intestines
- Headaches usually towards the end of the week due to fatigue & stress: Spleen Qi deficiency + Liver Qi stagnation with Heat
- Emotionally 'up & down': Liver Qi stagnation; Heart Blood deficiency
- History of mild asthma: Qi deficiency; Phlegm-Damp
- Thirst, deep colored urine: Heat
- Menstrual cycle: 28 days, no PMS, 3 days flow: 1 day heavy, 2 days light
- Tongue: red, thin and greasy coat: Damp, Heat
- Pulse: Slippery & wiry Liver Qi stagnation



CASE STUDY

Diagnosis:

1. Liver Qi stagnation with stagnant Heat
2. Spleen Qi deficiency with retained Damp
3. Heart Blood deficiency

Treatment Principle:

Disperse the stagnant Liver Qi and clear stagnant Heat
Tonify the Spleen Qi and dry Damp
Nourish the Heart Blood

Guiding Formulas:

JIA WEI XIAO YAO SAN (Bupleurum & Peony For.)

SHI QUAN DA BU WAN (Ginseng & Danggui Ten F.)

WEN DAN TANG (Bamboo and Hoelen Co.)



CASE STUDY

OUTCOME

- Focused treatment on Liver Qi stagnation mainly, tonification of (Spleen) Qi and (Heart) Blood, secondary, plus a little on resolving Phlegm-Damp
- Headaches were initial priority in terms of symptomatic treatment; (life / work related stresses)
- Continued treatments for 4 months, headaches much improved, but still brought on by stress
- Cancelled an appointment because she had a 'severe stomach upset'
- Called me a week later to inform me she was pregnant; decided not to take herbs during pregnancy



PART B

Chinese herbal treatment for

a) Eczema & Dermatitis

b) Alopecia



PATHOGENS IN SKIN DISORDERS

- **Wind:** Sudden onset, severe itching, lesions that come and go in different locations, lesions confined to the upper body.
- **Damp:** Skin lesions that are puffy or swollen, fluid filled vesicles, lesions with serous exudation, erosions, enlarged sebaceous glands, lesions that are confined to the lower body.
- **Cold:** Wheals or rashes that are pale, pink or dark purple, smooth skin that lacks elasticity, prolonged course of the disease.
- **Heat:** Sudden onset, red lesions that feel hot, lesions confined to the upper body, swelling, pain and pus formation. + systemic s/s



PATHOGENS IN SKIN DISORDERS

- **Dryness:** Dry skin lesions with desquamation, rhagades (linear fissures) and lichenification (thickening and hardening of the skin).
- **Toxin:** (drugs or medications, contaminated food, insect bites, poison ivy etc.). Intense signs and symptoms with a sudden onset, general malaise, and tissue damage, history of contact
s/s: redness, swelling, purple maculae, papules, vesicles, wheals, erosions, ulcers, epidermal tissue damage and exfoliation, accompanied by local sensation of heat, itching or pain.
- **Blood Stasis:** Increase of pigmentation, pigmented spots, petechiae, ecchymoses, red or purple spots, dark red nodules, subcutaneous nodules, thickened or hardened skin, distention of the capillaries, varicosities, veruccae, scar tissue.



ECZEMA & DERMATITIS

- Intense itching and burning sensation
- Diffuse erythema of discrete areas, with flaky or scaly dry skin →
- [May develop clusters of **papules** → **Vesicles** (i.e. blister-like lesions) →]
- Exudation and crust formation
- Recovery: fine scaly desquamation and pigmentation
- **Eczema**: lesions occur in the same places each time; also occur symmetrically (= unknown)
- **Dermatitis**: contact or ingestion (= allergic) – clear edges initially



ECZEMA & DERMATITIS

ACUTE



Dermatitis



ECZEMA & DERMATITIS





DERMATITIS

- Contact with an irritant → clear edge initially
- Ingested drugs or toxic substance → diffuse lesions
- Incubation period of 5 to 20 days (first time)
- Subsequent exposure → several hours to one day



ECZEMA & DERMATITIS

- Untreated eczema or dermatitis tends to progress to a subacute stage after about three weeks
- The degree of inflammation is reduced and the itching is less intense than in the acute stage
- The lesions now consist of papules, scabs and scales, with only a few vesicles and mild erosions.



ECZEMA & DERMATITIS

SUBACUTE & CHRONIC STAGES

Subacute:

- Inflammation is reduced and the itching is less intense
- The lesions: papules, scabs and scales, with only a few vesicles and mild erosions.

Chronic:

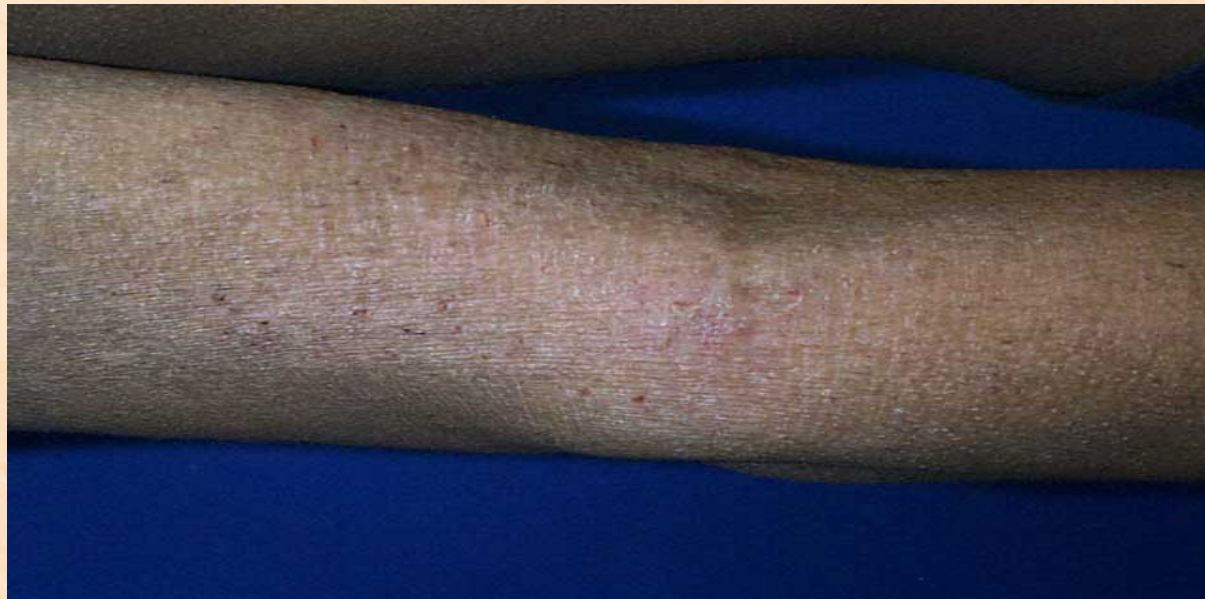
- Confined to a few discrete areas, clearly demarcated
- Skin becomes thick, rough, pigmented and feels hardened to the touch →
- Patchy, scaly desquamations or lichenoid skin lesions
- Mild itching



SUBACUTE & CHRONIC STAGES



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ECZEMA & DERMATITIS

Main causes

- Weak resistance (= deficiency of the Qi)
- Invasion of exogenous pathogens (Wind, Damp, Heat)
- Interior Heat or Damp-Heat
- Injury to the Yin, Blood and Body Fluids (chronic conditions)
- Blood stasis (chronic conditions)



ECZEMA & DERMATITIS

Acute stage

- Sudden onset; severe inflammation; red skin; ± papules and vesicles; erosion; exudation; severe itching and burning sensation.

P/T: Clear Heat-Toxin and clear Damp-Heat, dispel Wind and alleviate itching

Formula

Smilax & Lonicera **ACUTE ECZEMA FORMULA**

Pi Fu Bing Jie Du Fang (CM121)



Smilax & Lonicera

ACUTE ECZEMA FORMULA CM121

Smilax glabra, rhizome (tu fu ling)	Heat-Toxin, Damp-Heat
Lonicera japonica, flower (jin yin hua)	Heat-Toxin, Damp-Heat, Wind-Heat
Gardenia florida, fruit (shan zhi zi)	Damp-Heat, Heat-Toxin
Plantago asiatica, herb (che qian cao)	Damp-Heat
Scutellaria baicalensis, root (huang qin)	Damp-Heat, Heat-Toxin
*Kochia scoparia, fruit (di fu zi)	Damp-Heat, Wind
*Dictamnus desycarpus, stem bark (bai xian pi)	Wind-Damp, Heat-Toxin
*Cynanchum sauntonii, root (xu chang qing)	Wind-Damp, Blood stasis, Toxin
*Sophora angustifolia, root (ku shen)	Damp-Heat, Wind
Stephania tetrandia, root (han fang ji)	Wind-Damp
Angelica dahurica, root (bai zhi)	Wind-Damp
Schizonepeta tenuifolia, herb top fl. (jing jie)	Wind, Toxin
Glycyrrhiza uralensis, root (gan cao)	Heat-Toxin, harmonises & moderates



ECZEMA & DERMATITIS

Chronic stage

- Repeated attacks; thickened skin in the affected areas; pigmentation or lichenoid lesions; ± papules, vesicles and exudations

P/T: Nourish the Blood to dispel Wind, activate the Blood and dispel stasis, clear Heat-Toxin and clear Damp-Heat)

Formula

Dang Gui & Arctium

CHRONIC ECZEMA FORMULA (CM116)



Dang Gui & Arctium CHRONIC ECZEMA FORMULA CM116

- Angelica root (dang gui), Rehmannia root (sheng di huang), Polygonum root (he shou wu): **nourish the Blood**
- Astragalus root (huang qi), Citrus fruit peel (chen pi), Glycyrrhiza root (gan cao) : **tonify the Qi, promote Qi and Blood production by the Spleen**
- Paeonia root (chi shao), Salvia root (dan shen), Ligusticum root (chuan xiong): **activate the Blood and dispel stasis**
- Ledebouriella root (fang feng), Dictamnus stem bark (bai xian pi), Artemisia root (yin chen hao), Sophora root (ku shen), Cynanchum root (xu chang qing): **clear Damp-Heat and dispel Wind from the skin (alleviate itching)**
- Lonicera flower (jin yin hua), Scutellaria, root (huang qin): **clear Heat-Toxin, clear Damp-Heat and dispel Wind from the skin**



ALOPECIA

Loss or absence of hair

- 1) Discrete areas
- 2) Generalised thinning of the hair
- 3) Total loss of hair

TCM

- Blood deficiency → invasion by exogenous Wind → Dryness of the Blood → hair lacks nourishment
- Liver and Kidney deficiency → Liver Blood and Kidney Essence fail to produce hair
- Liver Qi stagnation due to stress or emotional strain → Qi and Blood stagnation → head



ALOPECIA





ALOPECIA

MODERN EMPIRICAL FORMULA

- Nourish the Kidney and Liver
- Replenish the Kidney Essence
- Tonify the Qi and nourish the Blood
- Activate the Blood and dispel stasis

Polygonum & Eclipta

HAIR GROWTH FORMULA (CM136)

CLASSIC FORMULA

- Nourish the Kidney and Liver
- Replenish the Kidney Essence
- Tonify the Qi and nourish the Blood

QI BAO MEI RAN DAN (Jia Wei)

Polygonum & Cuscuta Formula (BP057)



ALOPECIA

FORMULA COMBINATIONS

Liver Qi stagnation

- Bupleurum & Danggui Formula (BP031)

Xiao Yao San

- Bupleurum & Peony Formula (BP013)

Jia Wei Xiao Yao San

Qi stagnation & Blood stasis

- Persica & Cnidium Combination (BP034)

Xue Fu Zhu Yu Tang