



**SUN HERBAL
PROFESSIONAL
SEMINAR NOTES**

DISORDERS OF MENSTRUATION

- **Premenstrual Syndrome (PMS)**
- **Dysmenorrhea**
- **Menopausal Syndrome**



THE KIDNEY

- Kidney **Essence** = origin of life → **Kidney Yin & Kidney Yang** (= Fire within Water) → whole body Yin/Yang
- **Kidney Essence** controls fertility, maturation and senescence, root of Blood
- Kidney Yang acts on Kidney Essence → produces the Kidney **Qi**
- Kidney Qi → **Original Qi (yuan qi)** acts outside of the Kidney i.e. throughout the body
- Spleen → Qi production → augments the Kidney Qi
- Kidney Essence → production of Kidney Qi
- Kidney Qi controls Kidney Yang, keeps it from flaring up.



THE TAKE HOME MESSAGE

UPPER BODY HEAT IS NOT ALWAYS DUE TO
KIDNEY YIN DEFICIENCY

IT IS OFTEN DUE TO **KIDNEY YANG** DEFICIENCY

OR COMBINED **KIDNEY YANG** AND **KIDNEY YIN** DEFICIENCY

WHEN DUE TO THE LATTER, **SPLEEN DEFICIENCY** IS
GENERALLY ALSO INVOLVED



THE KIDNEY

- The Kidney stores the Essence and thus controls growth, development and reproduction
- The Kidney produces the bone marrow, 'fills' the brain, and controls the bones
- The Kidney governs fluid metabolism
- The Kidney receives and absorbs the Qi from the Lung
- The Kidney Yin & Yang are the basis of the Yin & Yang of all the organs
- The Kidney governs the Fire of the Life Gate
- The ears are the signaling sense organ of the Kidney
- The genitals, urethra and anus are controlled by the Kidney
- The Kidney houses the 'zhi' (will, determination, concentration and memory)
- The condition of the Kidney is manifest in the hair on the head
- Muroid saliva (*tuo*) is the fluid secretion that relates to the Kidney



THE LIVER

- Storage and release of the Blood
- Blood → menstruation, fertility, childbirth, breastfeeding
- Smooth and even flow of the Qi
 - Chong & Ren channels → uterus
 - Liver & GB channels → breasts



THE LIVER

- The Liver stores the Blood and regulates the volume of circulating Blood
- The Liver maintains the normal smooth flow of the Qi (*shu xie*)
- The Liver governs the tendons and manifests in the nails
- The eyes are the signaling sense organ of the Liver
- The Liver stores the ethereal soul (hun – 魂)
- The Liver may generate Interior Wind
- Tears (*lei*) are the fluid secretion that relates to the Liver



THE SPLEEN

- Qi and Blood production → Chong & Ren
- Root of the 'acquired constitution'
- Controls the Blood → stays within vessels



THE SPLEEN

- The Spleen transforms and transports nutrients
- The Spleen controls the Blood and keeps it within the vessels
- The Spleen governs the limbs and the muscles
- The Spleen sends the clear upwards
- The mouth is the signaling sense organ of the Spleen
- The Spleen has its outward manifestation in the lips
- The Spleen stores the *yi* (power of thinking and signification)
- Watery saliva (*xian*) is fluid secretion that relates to the Spleen



PATHODYNAMICS

- Kidney deficiency → Yin, Yang, Essence
- Liver Constraint, Qi stagnation
- Liver Constraint with stagnant Heat
- Liver Blood deficiency
- Spleen Qi deficiency → Qi & Blood deficiency



PREMENSTRUAL SYNDROME

‘Premenstrual syndrome (PMS) is a recurrent luteal phase condition characterized by physical, psychological, and behavioral changes of sufficient severity to result in deterioration of interpersonal relationships and normal activity...’

‘Premenstrual dysphoric disorder (PMDD) is considered a severe form of PMS.’

(Morena, M.A. et al. ‘Premenstrual Syndrome’
<http://www.emedicine.com/>)



PMS

- **PMS-A (anxiety):** Difficulty sleeping, tense feelings, irritability, clumsiness, mood swings
- **PMS-C (craving):** Headache, cravings for sweet foods, cravings for salty foods, cravings for other types of food
- **PMS-D (depression):** Depression, angry feelings for no reason, feelings that are easily upset, poor concentration or memory, feelings of low self-worth, violent feelings
- **PMS-H (hydration):** Weight gain, abdominal bloating, breast tenderness, swelling of extremities
- **PMS-O (other):** Dysmenorrhea, change in bowel habits, frequent urination, hot flashes or cold sweats, general aches or pains, nausea, acne, allergic reactions, upper respiratory infections



PMS

PREMENSTRUAL DYSPHORIC DISORDER

- Serious premenstrual distress with associated deterioration in functioning.
- Depressed or labile mood, anxiety, irritability, anger, and other symptoms occurring exclusively during the 2 weeks preceding menses.
- Interferes with occupational and social functioning.

(Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition - DSM-IV)



PMS - PATHODYNAMICS

- **Liver Qi constraint**
 - Qi stagnation (and stagnant Heat),
 - Spleen Qi deficiency → Heart Blood deficiency, Damp retention, Yang deficiency
- **Spleen and Kidney Yang deficiency** → Fluid retention
- **Liver Yin-Blood deficiency** → Liver Yang hyperactivity



PMS - SYNDROMES

- **Liver Qi constraint, Qi stagnation**
- **Spleen Qi and Heart Blood deficiency**
- **Spleen and Kidney Yang deficiency**
- **Liver Yin-Blood deficiency, Liver Yang hyperactivity**



Liver Qi constraint, Qi stagnation

- Irritability, emotional volatility, restlessness
- Breast distension
- Lower abdominal distension and pain
- Wiry pulse.

P/T: Soothe the Liver, regulate the Qi and Blood.

Bupleurum & Cyperus **PMS FORMULA CM104**

(Predominance of physical pain)

OR

XIAO YAO SAN (Bupleurum & Danggui Formula) **BP031** OR

Bupleurum & Danggui **STRESS RELIEF #2 FORMULA CM130**

(Predominance of emotional and mental signs and symptoms, deficiency)

OR

JIA WEI XIAO YAO SAN (Bupleurum & Peony Formula) OR

Bupleurum & Peony **STRESS RELIEF FORMULA CM113**

(Stagnant Heat)



Spleen Qi and Heart Blood *xu*

- Anxiety, depressed mood, forgetfulness
- Insomnia (can't switch off mind)
- Palpitations
- Fatigue
- Pale tongue with a thin white coat
- Weak and thready pulse

P/T: Tonify the Spleen Qi and nourish the Heart Blood

GUI PI WAN (Ginseng & Longan Combination) BP012

OR

QI & BLOOD TONIC FORMULA CM146



Spleen and Kidney Yang *xu*

- Edema, fluid retention (extremities)
- Possibly also loose stools/diarrhea
- Other S/S Spleen &/or Kidney Yang *xu*

P/T: Warm-tonify the Spleen (and Kidney) Yang, promote urination

1. BU ZHONG YI QI WAN (Ginseng & Astragalus Comb.) BP005
Plus **WU LING SAN** (Hoelen Five Formula) BP063

OR

2. SHEN LING BAI ZHU SAN (Ginseng & Atractylodes Formula) BP020
(With diarrhea no edema)

3. With Kidney Yang *xu*, add:
FU GUI BA WEI WAN (Rehmannia Eight Formula) BP011

4. Severe or recalcitrant edema, add
TAO HONG SI WU WAN (Persica, Carthamus & Dang-gui C.) BP061



Liver Yin-Blood *xu*, Yang hyper.

- Restlessness
- Insomnia
- Dizziness and headache
- Generalised muscular aches

P/T: Nourish the Yin-Blood, calm the Liver and subdue the hyperactive Yang

QI JU DI HUANG WAN (Lycium, Chrysanthemum & Rehmannia Formula)

With severe headache, add:

PING GAN XI FENG TOU TONG WAN (Gastrodia & Vitex F.) BP077

With severe insomnia, add:

JIN GUI SUAN ZAO REN TANG (Zizyphus Combination) BP056



DYSMENORRHEA

- Affects up to 50% of post-pubescent females
- Definition: difficult menstrual flow or painful menstruation, severe enough to affect daily activities, incl. work
- Classified as primary or secondary
- Primary dysmenorrhea: not associated with macroscopic pelvic pathology (i.e. absence of pelvic disease)
- Secondary dysmenorrhea: pain resulting from anatomic and/or macroscopic pelvic pathology (e.g. endometriosis or chronic pelvic inflammatory disease), most common in women aged 30-45 years.



DYSMENORRHEA

SECONDARY DYSMENORRHEA

- Endometriosis
- Pelvic inflammatory disease
- Ovarian cysts and tumors
- Cervical stenosis or occlusion
- Adenomyosis
- Fibroids
- Uterine polyps
- Intrauterine adhesions
- Congenital malformations (eg, bicornate uterus, subseptate uterus)
- Intrauterine contraceptive device
- Transverse vaginal septum
- Pelvic congestion syndrome
- Allen-Masters syndrome



1^o DYSMENORRHEA

TCM PATHOGENESIS

- Qi stagnation & Blood stasis → pain
- Excess and Deficiency types
- Commonly mixed excess and deficiency

EXCESS

- Emotional strain → Liver Qi constraint → Qi stagnation → Blood stasis
- Invasion by exogenous Cold/excessive intake Cold food → uterus

DEFICIENCY

- Yang deficiency → interior Cold → uterus
- Qi-Blood dual deficiency → insufficient Qi to drive the Blood, insufficient Blood to fill the vessels → Chong & Ren channels → stagnation
- Liver & Kidney deficiency (chronic illness or over work & lack of rest) → Chong & Ren → stagnation



1^o DYSMENORRHEA

SYNDROMES (PATHODYNAMICS)

1. Qi stagnation, Blood stasis
2. Cold (\pm Damp) congealing in the uterus
3. Qi-Blood dual deficiency
4. Liver & Kidney deficiency

TREATMENT COURSE: More than 3 cycles

MIXED EXCESS AND DEFICIENCY: Treat the excess during the last 2 weeks of cycle, treat the deficiency during the first 2 weeks



1^o DYSMENORRHEA

QI STAGNATION, BLOOD STASIS

- Pain begins BEFORE or DURING the menstrual flow
- Dark and possibly scanty flow with clots
- Pain alleviated after passage of clots
- Tongue is purple or with speckles
- Pulse wiry/taut, uneven

P/T: Soothe the Liver and regulate the Qi, activate Blood and dispel stasis, alleviate pain

DANG GUI & NOTOGINSENG DYSMENORRHEA FORMULA CM127
OR

TONG JING WAN (Danggui & Notoginseng Formula) BP026



1^o DYSMENORRHEA

COLD (± DAMP) CONGEALING IN THE UTERUS

a) COLD-DAMP EXCESS

- Pain alleviated by warmth, aggravated by pressure
- Signs of Cold (cold pain, cold to the touch, white tongue coat, etc.)

P/T: Warm the Channels and dispel Cold(-Damp), dispel Blood stasis, alleviate pain

- **DANG GUI & NOTOGINSENG DYSMENORRHEA FORMULA**
CM127

OR

TONG JING WAN (Danggui & Notoginseng Formula) BP026

PLUS

- **070 FU ZI LI ZHONG WAN** - Jia Wei (Dangshen & Ginger Formula, Modified)



1^o DYSMENORRHEA

COLD (± DAMP) CONGEALING IN THE UTERUS

b) YANG DEFICIENCY

- Pain alleviated by warmth and pressure
- Signs of deficiency-Cold (fatigue, cold extremities, pale tongue, weak-deep pulse, etc.)

P/T: Warm-tonify the Kidney Yang to dispel Cold, activate the Blood and dispel Blood stasis, alleviate pain

- **YOU GUI WAN** (Right Returning Formula) BP066
PLUS
- **TAO HONG SI WU WAN** (Persica, Carthamus & Dang-gui Comb.) BP061

If with severe pain, add:

- **HUO LUO XIAO LING DAN** (Salvia & Boswellia Formula) BP042



1^o DYSMENORRHEA

QI-BLOOD DUAL DEFICIENCY

- Dull pain
- Alleviated by pressure or massage
- Occurs towards the end or after menstrual flow
- S/S of deficiency (scanty flow, fatigue, poor appetite, pale tongue, weak-thready pulse, etc.)

P/T: Tonify the Qi and nourish the Blood, alleviate pain

- Boswellia & Corydalis **PAIN LESS FORMULA CM148** (for 3-5 days – during the painful part of the cycle)

PLUS:

- **QI & BLOOD TONIC FORMULA CM146**
OR
- **SHI QUAN DA BU WAN** (Ginseng & Danggwei Ten F.) BP021
OR **GUI PI TANG** (Ginseng & Longan C.)BP012



1^o DYSMENORRHEA

LIVER & KIDNEY DEFICIENCY

- Dull pain (low abdomen, pelvic area)
- Accompanied by low back pain
- Occurs towards the end or after menstrual flow
- S/S of Kidney & Liver Yin deficiency (scanty flow, dizziness, tinnitus, intermittent fever, night sweats, thready pulse, etc.)

P/T: Tonify the Liver & Kidney, alleviate pain

- **ZUO GUI WAN** (Left Returning Formula) BP039
PLUS
- **TAO HONG SI WU WAN** (Persica, Carthamus & Dang-gui Comb.) BP061

If with severe pain, add:

- **HUO LUO XIAO LING DAN** (Salvia & Boswellia Formula) BP042



THE MENOPAUSE

- Menopause = permanent cessation of menstruation
- Occurs between ages 35 – 58 (50% by age 50)
- 6 – 12 months without period = menopause
- Process takes from 2 – 5 years: decreased flow, irregular periods, lengthening periods, or sudden stop.
- Nei Jing: women's 7 years cycles: $7 \times 7 = 49$



PERIMENOPAUSAL SYNDROME

- Hot flushes
- Profuse sweating
- Feelings of anxiety, panic, or depression
- Insomnia or sleep disturbance
- Irritability
- Memory loss
- Drying and wrinkling of the skin
- Weight gain
- Vaginal dryness and discomfort (i.e. atrophy)
- Urinary stress incontinence
- Cystitis like symptoms
- Osteoporosis



MENOPAUSE

PATHOGENESIS – two major processes

1. Declining Kidney function → disruption of Yin-Yang equilibrium

- Kidney Yin deficiency → Heat
- Kidney Yang deficiency → Cold
- Kidney Qi deficiency → Heat
= Original Qi (*yuan qi*) not controlling the Kidney Yang
- Kidney Yang deficiency → fluid retention

2. Declining Spleen function

- Blood Deficiency → Heart & Liver
→ Shen disturbance and Liver Qi stagnation
- Spleen Qi deficiency → Damp and Fluid retention
- Liver Qi stagnation → Heat
→ general Qi stagnation → Fluid retention



MENOPAUSE

TWO BASIC PRESENTATIONS

HOT (may be due to Kidney Yin deficiency or Kidney Qi deficiency)

- Frequent hot flushes
- Night sweating
- Irritability
- Sleep disturbance

COLD (Kidney Yang deficiency)

- Weight gain
- Fluid retention
- Depression
- Lethargy
- Cold extremities
- Increased sensitivity to cold



MENOPAUSE

TREATMENT PRINCIPLES **HOT TYPE**

1. **Tonify the Kidney**

- Warm-tonify the Kidney Yang
- Nourish the Kidney Yin
- Enrich the Kidney Essence

2. **Balance Yin & Yang**

- Clear Heat and reduce Fire
- Subdue the (hyperactive) Yang Qi

3. **Nourish the Blood and calm the Spirit**

- Nourish the Heart and Liver Blood
- Calm the Spirit



MENOPAUSE - HOT TYPE

FORMULAS:

CM108 Epimedium and Zizyphus Menopause #2 Formula

Plus one or more of the following:

045 Sheng Mai San (Dangshen and Ophiopogon)

- Sweating

BP038 Zhi Bai Ba Wei Wan (A., P. & Rehmannia)

- Kidney Yin deficiency, flushing not responding to treatment

054 Gan Mai Da Zao Wan - Jia Wei (Wheat & Jujube)

- Emotional disturbance

057 Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula)

- Early senility, hair loss



MENOPAUSE - COLD TYPE

TREATMENT PRINCIPLES

1. Tonify the Kidney

- Warm-tonify the Kidney Yang (mainly)
(this also promotes fluid metabolism)

2. Tonify the Spleen

- Tonify the Qi and strengthen the Spleen
(this also promotes fluid metabolism)

3. Resolve Qi stagnation

- Soothe the Liver and disperse the stagnant Liver Qi
(this also promotes fluid metabolism)

4. Resolve retained fluids

- Drain Damp and promote urination



MENOPAUSE - COLD TYPE

FORMULAS:

CM110 Eucommia & Dang Gui Menopause Formula

Plus one or more of the following:

BP011 Fu Gui Ba Wei Wan (Rehmannia Eight)

- Kidney Yang deficiency (cold) with fluid disorder

BP066 You Gui Wan (Right Returning)

- Kidney Yang deficiency (cold) without fluid disorder

BP 002 Ba Ji Yin Yang Wan (Morinda Combination)

- Low libido, polyuria, not markedly cold

BP058 Qing E Jian Gu Zhuang Yao Wan (Eucommia & Psoralea)

- low bone density with low back and hip pain



MENOPAUSE - other approaches

KIDNEY YIN AND YANG DEFICIENCY (MORE OR LESS EQUAL)

- Alternating hot flashes and chills

Er Xian Tang (*Epimedium & Curculigo Comb.*) **BP041**

+

Xiao Chai Hu Tang (*Minor Bupleurum Formula*) **BP029**



MENOPAUSE - other approaches

LIVER QI CONSTRAINT

- Irritability
- Anxiety or depression
- History of PMS
- Sense of constriction in the chest, difficulty taking a deep breath
- Muscular tension
- Fatigue
- Poor appetite
- Red or red tipped tongue
- Wiry pulse.

Jia Wei Xiao Yao San (*Bupleurum & Peony Formula*) **BP013**

(= CM113 STRESS RELIEF FORMULA)

+

Zhi Bai Ba Wei Wan (*A. P. & Rehmannia Formula*) **BP038**

(= CM118 YIN TONIC FORMULA)



MENOPAUSE - other approaches

BLOOD DEFICIENCY

- Postural dizziness
- Dream disturbed sleep with frequent waking
- Poor memory and concentration, anxiety
- Palpitations

- Dry skin
- Sallow complexion
- Easily startled
- Sweating
- Lassitude, muscular weakness
- Pale tongue with a thin coat
- Thready pulse

Gui Pi Wan (*Ginseng & Longan Comb.*) **BP012**

(~ CM146 QI AND BLOOD TONIC FORMULA) **Plus**