

TCM OVERVIEW OF GYNECOLOGICAL PRESENTATIONS

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A. BY ZANG-FU PATTERNS

1. LIVER

- a. Liver stasis of *qi* and blood
 - 1. Regulation of menses
 - a. Early, late, missed periods, amenorrhea
 - b. Infertility
 - 2. Dysmenorrhea
 - 3. Breast tenderness
 - 4. Mood swings
 - 5. Insufficient lactation
- b. Liver stasis with heat
 - 1. Stasis leads to heat
 - 2. Early menses
 - 3. Heavy bleeding
 - 4. Nosebleed during menses
 - a. Liver heat scorches the lung
- c. Liver stasis with damp-heat
 - 1. Liver stasis inhibits or attacks spleen
 - a. Damp accumulates in lower legs
 - 2. Damp with liver heat > damp-heat
 - a. Yellow vaginal discharge
 - b. Burning or itching vagina
- d. Liver *yang* hyperactivity
 - 1. Headaches during menses
 - 2. Migraines
 - 3. During pregnancy
 - a. Dizziness
 - b. Hypertension
 - c. Eclampsia
- e. Other factors leading to liver stasis
 - 1. Heat creates liver stasis
 - a. Body heats up between ovulation and menses

1. This facilitates progesterone release
2. Aggravates pre-existing liver stasis
- b. Blood deficiency leads to heat
- c. *Yin* deficiency leads to heat
2. Spleen *qi* deficiency
 - a. Strength of spleen *qi* provides the push for liver to distribute *qi*
 - b. Weak spleen *qi* leads to liver stasis
3. Emotional internalization factors lead to liver stasis
4. Over-exposure to environmental toxins and pharmaceuticals

2. KIDNEY

- a. *Qi* deficiency
 1. Heavy bleeding or miscarriage
 - a. Kidney *qi* cannot secure the blood within the uterus
 2. Uterine prolapse
- b. *Yin* deficiency
 1. Leads to *yin* deficiency heat with hyperactive *yang*
 - a. Early menses
 - b. Heavy bleeding
 - c. Dry vagina
 - d. Early menopause
 - e. Extreme menopausal symptoms
 1. Hot flashes
 2. Sweating
 - f. Symptoms during pregnancy
 1. Anxiety
 2. Restlessness
 2. Leads to deficiency of *jing*
 - a. Amenorrhea
 - b. Congenital infertility

- c. *Yang* deficiency
 - 1. Necessary to warm the uterus
 - a. Infertility
 - b. Miscarriage
 - 2. Supports spleen function
 - a. Loose stools or diarrhea during menses
 - b. Vaginal discharge without odor
 - 3. Benefits movement of water
 - a. Edema
 - b. Abdominal bloating
 - 4. Leads to blood cold
 - a. Dysmenorrhea

- d. *Jing* deficiency
 - 1. Amenorrhea
 - 2. Congenital infertility

3. SPLEEN

- a. *Qi* deficiency
 - 1. Strength pulls organs upwards
 - a. Deficiency leads to prolapse
 - b. Miscarriage
 - 2. Constrains the blood
 - a. Early or heavy menses
 - b. Galactorrhea – spillage of breast milk
 - 3. Responsible for strength of blood
 - a. Deficiency leads to
 - 1. Amenorrhea
 - 2. Poor lactation
 - 4. Transforms dampness
 - a. Vaginal discharge
 - b. Morning sickness

- b. *Yang* deficiency
 - 1. Deficiency leads to inability to move and transform dampness
 - a. White/clear vaginal discharge
 - b. Diarrhea/loose stools during menses
 - c. Water swelling in third trimester

- c. Phlegm-damp obstruction
 - 1. Usually due to spleen *qi* deficiency
 - a. Nausea
 - b. Vaginal discharge
 - c. Morning sickness
 - d. Amenorrhea
 - 2. Dampness can congeal to phlegm
 - a. Masses, tumors, cysts in uterus or ovaries
 - b. Infertility

4. *QI* PATTERNS

- a. *Qi* deficiency
 - 1. Associated with kidney and spleen, combined
 - a. Early or heavy menses
 - b. Postpartum hemorrhage
 - c. Uterine prolapse
 - d. Difficulty holding fetus = miscarriage

- b. *Qi* stasis
 - 1. Delayed menses
 - 2. Amenorrhea
 - 3. Difficult lactation
 - 4. Pain in breasts
 - 5. Leads to blood stasis
 - a. Painful menses
 - b. Creates masses, uterine fibroids

5. BLOOD PATTERNS

- a. Blood deficiency
 1. Delayed menses
 2. Scanty menstrual blood
 - a. Blood is light, pale, watery, thin
 3. Amenorrhea
 4. Lower abdominal pain following menses
 5. Infertility or miscarriage
 6. Insufficient milk production

- b. Blood Stasis
 1. Pain
 - a. Menstrual or postpartum
 2. Amenorrhea
 3. Scanty menses
 4. Heavy menses
 5. Tumors, fibroids
 6. Endometriosis
 7. Postpartum hemorrhage
 8. Ectopic pregnancy

- c. Blood cold
 1. Deficiency cold
 - a. Due to deficiency of kidney *yang*
 - b. Blood flows slowly
 1. Periods late
 2. Amenorrhea
 - c. Pain that is relieved by warmth
 - d. Clear vaginal discharge
 - e. Infertility
 2. Excess cold
 - a. May be due to exogenous wind-cold into uterus
 - b. Sharp pain relieved by heat
 - c. Slowed blood
 1. Late menses

- d. Blood heat
 - 1. Deficiency heat
 - a. Due to deficiency of kidney *yin*
 - b. Early menses
 - c. Heavy flow
 - d. Bright red blood
 - e. Pregnancy
 - 1. Restless fetus
 - 2. Miscarriage
 - 2. Excess heat
 - a. Early menses
 - b. Heavy flow
 - c. Nosebleed during menses

B. BY CONDITION

1. MENSES

- a. Too early
 - 1. Liver stasis of *qi* and blood
 - 2. Liver stasis with heat
 - 3. Blood heat - excess
 - 4. *Yin* deficiency
 - 5. *Qi* deficiency – spleen and/or kidney
 - 6. Blood heat – deficiency
- b. Delayed
 - 1. Liver stasis of *qi* and blood
 - 2. Blood cold - excess
 - 3. Blood deficiency
 - 4. Blood cold – deficiency
 - 5. *Qi* deficiency
- c. Missed periods
 - 1. Liver stasis of *qi* and blood

- d. Dysmenorrhea
 - 1. Liver stasis of *qi* and blood
 - 2. Blood stasis
 - 3. Obstruction of cold and dampness
 - 4. Descent of damp-heat
 - 5. Blood cold – deficiency
 - 6. Deficiency of *qi* and blood

- e. Heavy bleeding
 - 1. Liver stasis with heat
 - 2. Blood stasis
 - 3. Blood heat - excess
 - 4. *Qi* deficiency – spleen and/or kidney
 - 5. *Yin* deficiency
 - 6. Blood heat – deficiency

- f. Scanty bleeding
 - 1. Blood stasis
 - 2. Blood deficiency

- g. Post-menstrual spotting
 - 1. *Qi* deficiency – spleen and/or kidney
 - 2. Blood deficiency

- h. Amenorrhea
 - 1. Liver stasis of *qi* and blood
 - 2. Blood stasis
 - 3. Spleen *qi* deficiency with phlegm-dampness
 - 4. Kidney *yin* deficiency
 - 5. *Jing* deficiency
 - 6. *Qi* deficiency – spleen and/or kidney
 - 7. Blood deficiency
 - 8. Blood cold – deficiency

- i. Other symptoms during menses
 - 1. Blood discharge pale or watery

- a. Blood deficiency
- 2. Blood discharge with clots or thick blood
 - a. Blood stasis
- 3. Headaches
 - a. Liver *yang* hyperactivity
- 4. Nosebleed
 - a. Liver stasis with heat
 - b. Blood heat - excess
- 5. Edema
 - a. Liver stasis inhibits or attacks spleen
 - b. Kidney *yang* deficiency
- 6. Loose stools or diarrhea
 - a. Kidney *yang* deficiency
- 7. Abdominal bloating
 - a. Kidney *yang* deficiency
- 8. Lower abdominal pain following menses
 - a. Blood deficiency

2. PREMENSTRUAL SYNDROME

- a. Mood swings, irritability
 - b. Liver stasis of *qi* and blood
- Breast tenderness
- 1. Liver stasis of *qi* and blood

3. INFERTILITY

- a. Liver stasis of *qi* and blood
- b. Blood stasis
- c. Kidney *yin* deficiency
- d. Kidney *yang* deficiency
- e. *Jing* deficiency
- f. Spleen *qi* deficiency with phlegm-dampness
- g. Blood deficiency
- h. Blood cold – deficiency

4. PROBLEMS DURING PREGNANCY

- a. Morning sickness
 - 1. Spleen *qi* deficiency
 - 2. Spleen *qi* deficiency with phlegm-dampness
 - 3. Liver stasis

- b. Dizziness
 - 1. Liver *yang* hyperactivity
 - 2. Spleen *qi* deficiency with phlegm-dampness

- c. Hypertension
 - 1. Liver *yang* hyperactivity

- d. Edema or ankle swelling
 - 1. Kidney *yang* deficiency

- e. Eclampsia
 - 1. Liver *yang* hyperactivity

- f. Threatened or frequent miscarriage
 - 1. *Qi* deficiency – spleen and/or kidney
 - 2. Kidney *yang* deficiency
 - 3. Blood deficiency
 - 4. Blood heat – deficiency

- g. Anxiety and restlessness
 - 1. *Yin* deficiency

- h. Restless fetus
 - 1. Blood heat – deficiency

- i. Lactation – insufficient
 - 1. Liver stasis of *qi* and blood
 - 2. Spleen *qi* deficiency
 - 3. Blood deficiency

- j. Lactation – heavy or spilling
 - 1. Spleen *qi* deficiency
- k. Post-partum hemorrhage or spotting
 - 1. Blood stasis
 - 2. *Qi* deficiency – spleen and/or kidney
- l. Postpartum pain
 - 1. Blood stasis
 - 2. Exogenous cold enters uterus

5. MENOPAUSAL SYNDROME

- a. Kidney patterns
 - 1. Kidney *yin* deficiency
 - 2. Kidney *yang* deficiency
 - 3. Kidney *qi* deficiency
- b. Liver stasis of *qi* and blood

6. OTHER GYNECOLOGICAL SYMPTOMS

- a. Vaginal discharge – yellow
 - 1. Liver stasis with damp-heat
 - 2. Descent of damp-heat
 - 3. Exogenous damp-heat with heat-toxins
 - 4. Kidney *yin* deficiency
- b. Vaginal discharge – white or clear
 - 1. Kidney *yang* deficiency
 - 2. Spleen *qi* deficiency
 - 3. Spleen *qi* deficiency with phlegm-dampness
 - 4. Blood cold - deficiency

- c. Burning or itching vagina
 - 1. Liver stasis with damp-heat
 - 2. Kidney *yin* deficiency
- d. Vagina – dry
 - 1. *Yin* deficiency
- e. Uterine prolapse
 - 1. Spleen *qi* deficiency
 - 2. Kidney *qi* deficiency
- f. Edema
 - 1. Kidney *yang* deficiency
 - 2. *Qi* deficiency – spleen and/or kidney
- g. Masses, tumors, cysts
 - 1. Spleen *qi* deficiency with phlegm-dampness
 - 2. Stasis of liver *qi* and blood
 - 3. Blood stasis
- h. Endometriosis
 - 1. Damp-heat
 - 2. Blood stasis
 - 3. Stasis of phlegm-dampness
 - 4. Heat toxins