

INFERTILITY: Using Chinese Herbal Medicine To Promote Fertility or to Support In-Vitro Fertilization

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Following recent work developed in both China and the US, we will discuss in detail herbal formulas that are used for the numerous syndromes that inhibit fertility. Included are discussions of hormone physiology and the use of Western lab diagnosis. The teacher has an 85% success rate in inducing pregnancy in women under 38 years old, without using IVF. Both customized herbal formulas and herbal products will be taught, as well as relevant acupuncture and herbal protocols for the stages of IVF treatment.

COURSE SCHEDULE

1:00 – 1:20 pm	Overview of Infertility and <i>In Vitro</i> Fertilization	p. 3
1:20 – 2:40	TCM patterns and Treatments for Infertility	p. 5
2:40 – 3:00	[Break]	
3:00 – 3:50	Prevention of Miscarriage	p. 20
3:50 - 4:40	Supporting IVF (<i>In Vitro</i> Fertilization)	p. 25

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Recommended Texts:

Acupuncture & IVF, Lifang Liang, (Blue Poppy Press, 2003)

Handbook of Obstetrics & Gynecology in Chinese Medicine, Yu Jin (Eastland Press, 1998)

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I. OVERVIEW

A. Overview of Infertility and IVF

1. In health, a young fertile couple have 15-20% chance of conceiving on any given month
2. For success rates of individual clinics, go to website: www.sart.org

B. Pathology of Infertility

1. **In Modern Medicine**
 - a. Ovaries
 1. Decline starting at age 39
 2. Less eggs, fragile eggs
 3. FSH (Follicle stimulating hormones) increases to maximize ovulation
 - a. > 10 indicates ovaries in decline
 - b. Pregnancy will be more difficult
 - c. Higher risk of miscarriage
 4. Progesterone and estrogen levels decline
 - a. Causes thinning of endometrium affecting embryo implantation
 5. Failure to ovulate
 - a. Hormonal
 - b. History of irregular menses, amenorrhea, or heavy uterine bleeding

6. Treatment requires
 - a. Regulation of menses
 1. In TCM, this is key to improving fertility
 - b. Regulation of hormones
 - c. Treating polycysts and endometriosis
- b. Other Factors
 1. Fallopian tubes blocked due to prior infection or endometriosis
 - a. Needs dye test to confirm or rule out
 2. Uterine factors
 - a. Myomas distort uterus or block entry of fallopian tubes
 - b. Uterus too small
 3. Cervical or vaginal infections
 - a. Antibodies may kill or inhibit sperm
- c. Male infertility issues
 1. Abnormal testicles
 2. Infection
 3. Varicocele (varicose vein draining testicle)
 4. Blockage of ejaculatory ducts
 5. Sexual function
 6. Autoimmunity to sperm
 7. Sperm motility, morphology, liquefaction, count, volume

2. In TCM (Traditional Chinese Medicine)

- a. Deficiency Patterns in TCM
 1. Blood and *yin* deficiency
 2. *Qi* and *yang* deficiency
- b. Deficiency Patterns in Western medicine
 1. No ovulation or irregular ovulation
 2. Small uterus
 3. Thin endometrium
 4. Poor quality of eggs or follicles
 5. Low estradiol and progesterone
 6. High FSH
- c. Excess Patterns in TCM
 1. Stasis of *qi*, blood or phlegm-damp
 - a. In Western medicine
 1. Fallopian tube blockage
 2. Uterine fibroid
 3. Ovarian cystitis
 4. Endometriosis
 5. Adhesions
 6. Emotional stress
 2. Damp-heat or heat toxins with blood stasis
 - a. In Western medicine
 1. Infections of cervix, vagina, fallopian tube

II. PATTERNS AND FORMULAS FOR INFERTILITY

A. IRREGULAR MENSES - EARLY

1. General

- a. Period comes before day 24.

2. By Pattern Differentiation

a. Excess Heat Pattern

1. Blood is heavy, thick, dark red or purple red
2. Often accompanies by liver stasis signs: irritability, abdominal distension
3. Pulse: slipper and rapid
4. Tongue: red with yellow coat
5. Tx principle: clear heat, cool blood

PX: Qing Jing Tang

qīng jīng tāng (清经汤), “Clear Menses Decoction”

Ingredients:

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>dì gǔ pí</i> (地骨皮), Cortex Lycii	DC
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>qīng hāo</i> (青蒿), Herba Artemisiae Annuae	DE
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri	DB
<i>fú líng</i> (茯苓), Poria	FC

b. Deficiency Heat Pattern

1. Blood is thick but scanty, bright red
2. Tx principle: nourish *yin*, clear deficiency heat

Px: Liang Di Tang

liǎng dì tāng (两地汤), “Double Rehmannia Decoction”

Ingredients:

<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	DC
<i>dì gǔ pí</i> (地骨皮), Cortex Lycii	DC
<i>xuán shēn</i> (玄参), Radix Scrophulariae	DC
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	AD

c. Stasis Heat Pattern

1. Flow can be heavy or light, but contains clots and dark blood
2. Sx include irritability, *shen* disturbance, pain in lower abdomen
3. Tx Principles: dredge liver to clear heat, fortify spleen, boorish the blood

PX: **Jia Wei Xiao Yao San** (*Essential Chinese Formulas*, p. 354)

jiā wèi xiǎo yáo sǎn (加味道遥散)

“Added Ingredients Free Wanderer Powder”

Author: Xuē Jǐ (薛己) aka Xuē Lì-Zhāi (薛立斋)

Source: *Nèi Kē Zhāi Yào* (内科摘要), circa 1530

Literal: “Internal (Medicine) Department Selected Essentials”

Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>fú líng</i> (茯苓), Poria	FC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.AA	
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	E
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	DA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep	AA
<i>bò hé</i> (薄荷), Herba Menthae	BB

d. Qi Deficiency Pattern

1. Either heavy flow or light flow
2. Blood is light colored or clear
3. Tongue is pale, pulse is thin, weak

Px: **Gui Pi Tang** (see *Essential Chinese Formulas*, p. 400)

guī pí tāng (归脾汤), “Restore Spleen Pill”

Author: Yán Yòng-Hé (严用和)

Source: *Jì Shēng Fāng* (济生方), 1253

Literal: “Aid (the) Living Formulas”

Ingredients:

<i>rén shēn</i> (人参), Radix Ginseng	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosa	N
<i>lóng yǎn ròu</i> (龙眼肉), Arillus Longan	AB
<i>huáng qí</i> (黄芪), Radix Astragali	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>yuǎn zhì</i> (远志), Radix Polygalae	N
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	BA
<i>dà zǎo</i> (大枣), Fructus Jujubae	AA
<i>mù xiāng</i> (木香), Radix Aucklandiae	G
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep	AA

3. Modifying a Foundation Formula (Lifang Liang)

Px: **Ding Jing Fang**

- a. *dìng jīng fāng* (定经方), “Stabilize Menses Important-Formula”

Author: Fù Shan (傅山) aka Fù Qīng-Zhǔ (傅青主)

Text: *fù qīng zhǔ nǚ kē* (傅青主女科), 17th c.

Literal: “Fu Qing-Zhu’s Gynecology”

Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	AC

- b. Give *Ding Jing Fang* (above) one week before menses is expected to start. Modifications, to push back cycle and prevent early bleeding.

Yin deficiency heat:

<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	AD
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	AD

Spleen *qi* deficiency failing to manage the blood:

<i>huáng qí</i> (黄芪), Radix Astragali	AA
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Blood deficiency:

<i>ē jiāo</i> (阿胶), Colla Corii Asini	AB
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Blood heat:

<i>cè bǎi yè</i> (侧柏叶), Cacumen Platycladi/Biotae	L
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Additional acupuncture:

DU 20 to raise clear *yang*

Ear: Endocrine, *Shenmen*

4. Bleeding During Ovulation

- See Yu Jin, p. 85-86
- Luteal Phase Defect**, see p. 29

B. IRREGULAR MENSES - DELAYED

1. General

- Longer than 28-33 days for three consecutive months
- Can be up to 40-50 days between

2. By Pattern Differentiation

a. Excess Cold Pattern

- Blood is dark, not too heavy a flow
- Lower abdominal pain with cold, relieved by warmth
- Tongue is normal

Px: **Wen Jing Tang** (see *Essential Chinese Formulas*, p. 340)

wēn jīng tāng (温经汤), "Warm (the) Menses Decoction"

Author: Zhāng Zhòng-jǐng (张仲景)

Source: *Jīn Guì Yào Lùè* (金匮要略), 220

Literal: "Golden Cabinet Essential Summary"

Ingredients:

<i>rén shēn</i> (人參), Radix Ginseng	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	K
<i>yù jīn</i> (郁金), Radix Curcumae	K
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	E
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	AA

b. Deficiency Cold Pattern

1. Blood is light in color, thin and clear in quality
2. Flow is not too heavy
3. Mild abdominal pain relieved by warmth
4. Tongue may be pale and/or swollen
5. Treatment principle: Tonify blood, warm the channels

Px: **Da Ying Jian***dà yīng jiān* (大应煎), “Great Response Decoction”*Ingredients:*

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	AC
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	K
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	E
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

c. Blood Deficiency Pattern

1. Light-colored, thin, clear blood, scanty flow
2. Dry skin, fatigue, dizziness
3. Tx Principle: boost qi, tonify blood, nourish heart, calm *shen*

Px: **Ren Shen Yang Yin Tang** (*Essential Chinese Formulas*, p.)*rén shēn yǎng yíng tāng* (人參养营汤)“Ginseng Nourish *Ying-Qi* Decoction”

(Other names:

rén shēn yǎng róng tāng (人參养荣汤)

“Ginseng Nourish Luxuriant-Growth Decoction”

yǎng yíng wán (养营丸), “Nourish *Ying-Qi* Pills”*Author:* Imperial Medical Bureau (*tài yī jú*, 太医局);

revised by Chén Shī-Wén (陈师文)

Source: *Tài Píng Huì Mǐn Hé Jì Jú Fāng* (太平惠民和剂局方), 1078

Literal: “(Era of) Great Peace, Benefit People Harmonious Medicines, Office (of) Formulas”

Ingredients:

<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>rén shēn</i> (人参), Radix Ginseng	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	AA
<i>huáng qí</i> (黄芪), Radix Astragali	AA
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	E
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	G
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	L
<i>yuǎn zhì</i> (远志), Radix Arillus Longanlae	N
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	BA
<i>dà zǎo</i> (大枣), Fructus Jujubae	AA

d. Qi Stagnation Pattern

1. Clots in menses, abdominal distension, abdominal pain, irritability
2. Purple-colored blood
3. Pulse is choppy or wiry, tongue is normal

Treatment principle: Dredge the liver, move blood, regulate menses.

Px: **Jia Wei Wu Yao Tang**

jiā wèi wū yào tāng (加味乌药汤), “Add Flavors Lindera Decoction”

<i>wū yào</i> (乌药), Radix Linderae	G
<i>mù xiāng</i> (木香), Radix Aucklandiae	G
<i>shā rén</i> (砂仁), Fructus Amomi	FB
<i>xiāng fù</i> (香附), Rhizoma Cyperi	G
<i>bīng láng</i> (槟榔), Semen Arecae	Q
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	K
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

plus:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K

3. Modifying Foundation Formula (Lifang Liang)

Px: **Ding Jing Fang**

dìng jīng fāng (定经方), “Stabilize Menses Important-Formula”

Author: Fù Shan (傅山) aka Fù Qīng-Zhǔ (傅青主)

Text: fù qīng zhǔ nǚ kē (傅青主女科)

Literal: “Fu Qing-Zhu’s Gynecology”

Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	AC

Use *Ding Jing Fang*, take one week before normal cycle, that is, starting on day 21.

Modifications:

Blood stasis:

<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	K
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	K

Qi stasis:

<i>xiāng fù</i> (香附), Rhizoma Cyperi G	
<i>yù jīn</i> (郁金), Radix Curcumae	K
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	G

Deficiency cold due to deficiency *yang*:

<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	AC
<i>ròu guì</i> (肉桂), Cortex CinnamomiE	

Excess cold or exogenous cold into the uterus:

<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	E
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	E
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	BA

Blood deficiency:

<i>jī xuè téng</i> (鸡血藤), Caulis Spatholobi/Millettieae	K
<i>gōu qǐ zǐ</i> (枸杞子), Fructus LyciiAB	
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	AA

Additional acupuncture:

Sp 10 to move blood, Ren 4 and Ren 6 to move *qi* downwards

E. IRREGULAR MENSTRUATION - ERRATIC

1. General

- a. Sometimes early, sometimes late, unpredictable
- b. Usually due to to dysregulation of blood and *jing*

2. By Pattern Differentiation

a. Liver *qi* stagnation

1. Alternating heavy and light flow, with clots
2. Premenstrual symptoms including breast tenderness, irritability, lower abdomen pain

Pulse is wiry and thin

Px: **Xiao Yao San** (see *Essential Chinese Formulas*, p. 288)

xiāo yáo sǎn (逍遥散), “Free Wanderer Powder”

Author: Imperial Medical Bureau (*tài yī jú*, 太医局);
revised by Chén Shī-Wén (陈师文)

Source: *Tài Píng Huì Mǐn Hé Jì Jú Fāng* (太平惠民和剂局方), 1078
Literal: “(Era of) Heavenly Peace, Benefit People (with)
Harmonious Medicines, Office (of) Formulas”

Ingredients:

<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	AA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>fú líng</i> (茯苓), Poria	FC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	E
<i>bò hé</i> (薄荷), Herba Menthae	BB
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	AA

b. Kidney Deficiency

1. Light flow, light in color, with lower back soreness
2. There may be urinary frequency
3. Thin weak pulse

Px: **Gu Yin Jian Tang**

gù yīn jiān tāng (固阴煎汤), “Secure the Yin Decoction”

Ingredients:

<i>rén shēn</i> (人参), Radix Ginseng	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA
<i>shān zhū yú</i> (山茱萸), Fructus Corni	L
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>yuǎn zhì</i> (远志), Radix Polygalae	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	L
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

plus:

<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	AC
<i>shā yuàn zǐ</i> (沙苑子), Semen Astragali Complanati	AC
<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	AC

4. For another formula, see Yu Jin, p. 74

4. Modifying Foundation Formula (Lifang Liang)

Px: **Xiao Yao San** (see *Essential Chinese Formulas*, p. 288)
xiāo yáo sǎn (逍遥散), “Free Wanderer Powder”

Author: Imperial Medical Bureau (*tài yī jú*, 太医局);
revised by Chén Shī-Wén (陈师文)

Source: *Tài Píng Huì Mǐn Hé Jì Jū Fāng* (太平惠民和剂局方), 1078
Literal: “(Era of) Heavenly Peace, Benefit People (with)
Harmonious Medicines, Office (of) Formulas”

Ingredients:

<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>bái zhú</i> (白术), Rhizoma Atractylodis MacrocephalaeAA	
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>fú líng</i> (茯苓), Poria	FC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	E
<i>bò hé</i> (薄荷), Herba Menthae	BB
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	AA

Take for 3 weeks as soon as menses stops, with following modifications:

Qì deficiency:

dǎng shēn (党参), Radix CodonopsisAA

Kidney *yīn* deficiency:

shú dì huáng (熟地黄), Radix Rehmanniae Praep. AB

shān zhū yú (山茱萸), Fructus CorniL

nǚ zhēn zǐ (女贞子), Fructus Ligustri Lucidi AD

Kidney *yáng* deficiency:

bā jǐ tiān (巴戟天), Radix Morindae Officinalis AC

yín yáng huò (淫羊藿), Herba Epimedii AC

ròu cōng róng (肉苁蓉), Herba Cistanches AC

tù sī zǐ (菟丝子), Semen CuscutaeAC

Blood deficiency:

gōu qǐ zǐ (枸杞子), Fructus Lycii AB

hé shǒu wū (何首乌), Radix Polygoni Multiflori AB

huáng jīng (黄精), Rhizoma Polygonati AA

Qì stagnation:

xiāng fù (香附), Rhizoma Cyperi G

yù jīn (郁金), Radix Curcumae K

zhǐ ké (枳壳), Fructus Aurantii G

Blood stasis:

dān shēn (丹参), Radix/Rhiz. *Salviae Miltiorrhizae* K

jī xuè téng (鸡血藤), *Caulis Spatholobi/Milletiae* K

Additional acupuncture points: LV 8, LV 3, BI 20, BI 23, BI 25

F. AMENORRHEA

1. Modifying a Foundation Formula (Lifang Liang)

a. Treatment protocol is divided into two stages

b. Stage 1: move and nourish *qí* and blood

1. Do for one week, pre-menstrual, trying to establish correct time

c. Px: **Jing Qian Fang**

jīng qiān fāng (经迁方), “Menses-Moving Important-Formula”

Ingredients:

dāng guī (当归), Radix *Angelicae Sinensis* AB

bái sháo (白芍), Radix *Paeoniae Alba* AB

shú dì huáng (熟地黄), Radix *Rehmanniae Praep.* AB

gǒu qǐ zǐ (枸杞子), Fructus *Lycii* AB

chuān xiōng (川芎), Rhizoma *Ligustici Chuanxiong* K

huái niú xī (怀牛膝), Radix *Achyranthis Bidentatae* K

dān shēn (丹参), Radix/Rhiz. *Salviae Miltiorrhizae* K

xiāng fù (香附), Rhizoma *Cyperi* G

Modifications:

Qì deficiency:

dǎng shēn (党参), Radix *Codonopsis* AA

Yang deficiency:

bā jǐ tiān (巴戟天), Radix *Morindae Officinalis* AC

yīn yáng huò (淫羊藿), Herba *Epimedii* AC

Blood deficiency:

jī xuè téng (鸡血藤), *Caulis Spatholobi/Milletiae* K

huáng jīng (黄精), Rhizoma *Polygonati* AA

hé shǒu wū (何首乌), Radix *Polygoni Multiflori* AB

Qì stagnation:

zhǐ ké (枳壳), Fructus *Aurantii* G

yù jīn (郁金), Radix *Curcumae* K

Blood stasis:

wáng bù liú xíng (王不留行), Semen *Vaccariae* K

mǔ dān pí (牡丹皮), Cortex *Moutan* DC

chì sháo (赤芍), Radix *Paeoniae Rubra* K

Cold in the uterus:

xiǎo huí xiāng (小茴香), Fructus *Foeniculi* E

ròu guì (肉桂), Cortex *Cinnamomi* E

or *guì zhī* (桂枝), Ramulus *Cinnamomi* BA

Additional acupuncture points: Ren 4, Ren 6, Sp 10

d. Stage 2: Tonify kidneys, nourish blood, fortify spleen, soothe liver

1. Establishing pattern, do day 1-20. Builds uterine lining to establish menses

Px: **Ding Jing Fang**

dìng jīng fāng (定经方)

“Stabilize Menses Important-Formula” (same as above)

Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	AC

Modifications:

Qi deficiency:

<i>huáng qí</i> (黄芪), Radix Astragali	AA
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Kidney *yin* deficiency:

<i>shān zhū yú</i> (山茱萸), Fructus Corni	L
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	AD
<i>sāng shèn</i> (桑椹), Fructus Mori	AB

Kidney *yang* deficiency:

<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	AC
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	AC
<i>suǒ yáng</i> (锁阳), Herba Cynomorii	AC

Blood deficiency:

<i>jī xuè téng</i> (鸡血藤), Caulis Spatholobi/Milletiae	K
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	AA
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB

Qi stagnation:

<i>xiāng fù</i> (香附), Rhizoma Cyperi	G
<i>yù jīn</i> (郁金), Radix Curcumae	K
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	G

Fluid dryness:

<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	AD
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	DC
<i>xuán shēn</i> (玄参), Radix Scrophulariae	DC

Insomnia:

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	N
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	L
<i>lóng yǎn ròu</i> (龙眼肉), Arillus Longan	AB
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	N

Abdominal distension:

chén pí (陈皮), Pericarpium Citri Reticulatae

G

shā rén (砂仁), Fructus Amomi

FB

Additional acupuncture:

DU 20 can stimulate pituitary gland

Bl 15, B; 17, Bl 20, Bl 23, Bl 25

Ear: Endocrine, Shenmen, kidney, uterus

2. Other Amenorrhea Syndromes

- a. Hypothalamic-Pituitary Amenorrhea
 1. See Yu Jin, p. 63
- b. Galactorrhea-Amenorrhea Syndrome
 1. See Yu Jin, p. 65
- c. Premature Ovarian Failure and Gonadotropin-resistant Ovary Syndrome
 1. See Yu Jin, p. 67
- d. Asherman's syndrome
 1. See Yu Jin, p. 81

F. HEAVY UTERINE BLEEDING

1. General

- a. With menses, it is called menorrhagia; in between cycles it is called metrorrhagia
- b. Often, it is due to lack of ovulation (anovulation)
- c. Differentiations:
 1. Spleen *qi* deficiency
 - a. Inability to keep blood in vessels
 2. Kidney deficiency
 - a. Unable to astringe *jing*, which forms blood
 3. Blood heat
 - a. Heat forces blood out of vessels
 4. Blood stasis
 - a. Inhibits blood vessels from constricting, allowing escape of blood

2. Dysfunctional Uterine Bleeding

- a. See Yu Jin, p. 55-58, 83-85

3. Modifying Foundation Formula (Lifang Liang)

a. Stage 1: Heavy bleeding

b. Basic prescription: Gong Xue Fang

gōng xuè fāng (宫血方), “Uterine Bleeding Important-Formula”

Ingredients:

<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
<i>xù duàn</i> (续断), Radix Dipsaci	AC
<i>shān zhū yú</i> (山茶萸), Fructus Corni	L

Modifications:

Qi deficiency, add:

<i>huáng qí</i> (黄芪), Radix Astragali	AA
<i>rén shēn</i> (人参), Radix Ginseng	AA

Blood deficiency:

<i>ē jiāo</i> (阿胶), Colla Corii Asini	AB
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Kidney yin deficiency:

<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	AD
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	AD

Kidney yang deficiency:

<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	AC
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With heat:

<i>huáng qín</i> (黄芩), Radix Scutellariae	DB
<i>dì yú</i> (地榆), Radix Sanguisorbae	J
or, <i>cè bǎi yè</i> (侧柏叶), Cacumen Platycladi/Biotae	J

With deficiency heat:

<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	DC
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Blood stasis:

<i>yì mǔ cǎo</i> (益母草), Herba Leonuri	K
<i>tián qī</i> (田七), Radix/Rhizoma Notoginseng	J
<i>pú huáng</i> (蒲黄), Pollen Typhae	J
<i>wǔ líng zhī</i> (五灵脂), Faeces Troglodyteris	K

Anxiety:

<i>mú lì</i> (牡蛎), Concha Ostreae	N
<i>lóng gǔ</i> (龙骨), Os Draconis	N

Cold uterus:

<i>ài yè</i> (艾叶), Folium Artemisiae Argyi	J
<i>jīng jiè tàn</i> (荆芥炭), Herba Schizonepetae Carbonisatum	BA

Acupuncture:

Du 20, St 36, Ren 6
 Direct moxa: Sp 1, Liv 1
 Indirect moxa: Ren 8

c. Stage 2: bleeding under control

Px: *Ding Jing Fang* (above)

dìng jīng fāng (定经方)

“Stabilize Menses Important-Formula”

Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	AC

Modifications:

No ovulation:

<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	AC
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Polycystic ovaries, only during ovulation to push egg out of ovary, add:

<i>zhǐ ké</i> (枳壳), Fructus Aurantii	G
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	K

Blood deficiency:

<i>gōu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	

Insomnia:

<i>lóng yǎn ròu</i> (龙眼肉), Arillus Longan	AB
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	N
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	N

Anxiety:

<i>mǔ lì</i> (牡蛎), Concha Ostreae	N
<i>lóng gǔ</i> (龙骨), Os Draconis	N

Acupuncture: Du 20

Ear: Kidney, Shenmen

I. PREMENSTRUAL SYNDROME (PMS)

1. General (formulas from Dr. Yu Jin)
 - a. Affects 20-40% of women
 - b. Symptoms last 1 to 14 days prior to menses, ending abruptly with onset of bleeding
 1. Irritability, anxiety, depression
 2. Breast tenderness or distension
 3. Abdominal distension, edema
 4. Headache, dizziness
 - c. Severity correlates with possibility of infertility
 - d. TCM recognizes as stagnation of liver *qi* and blood
 1. Often an underlying deficiency of liver and kidney *yin*
 2. In edema or abdominal distension, may involve deficiency of spleen *qi* with accumulation of damp and phlegm
2. Formula 1: **Liver Qi Stagnation**
 - a. Sx: breast distension with nodules, irritability
 - b. Tx Principles: Dredge liver *qi*, clear liver heat and fire, tonify kidney *yin*, boost spleen, dispel damp and phlegm
 - c. Px ingredients:

<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>xià kū cǎo</i> (夏枯草), Spica Prunellae	DA
<i>fēng fáng</i> (蜂房), Nidus Vespae	R
<i>yù jīn</i> (郁金), Radix Curcumae	K
<i>xiāng fù</i> (香附), Rhizoma Cyperi	G
<i>chuān liàn zǐ</i> (川楝子), Fructus Meliae Toosendan	G
<i>wáng bù liú xíng</i> (王不留行), Semen Vaccariae	K
3. Formula 2: **Liver Fire**
 - a. Px ingredients:

<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	DA
<i>xià kū cǎo</i> (夏枯草), Spica Prunellae	DA
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K
<i>xiāng fù</i> (香附), Rhizoma Cyperi	G
<i>méi guī huā</i> (玫瑰花), Flos Rosae Rugosae	G

4. Formula 3: **Post Menstrual Spleen Qi Deficiency**

a. Sx: fatigue, dampness

Px Ingredients:

<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>zhū líng</i> (猪苓), Polyporus	FC
<i>zhū líng</i> (猪苓), Polyporus	FC
<i>chē qián cǎo</i> (车前草), Herba Plantaginis	FC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>xià kū cǎo</i> (夏枯草), Spica Prunellae	DA
<i>chái hú</i> (柴胡), Radix Bupleuri	BB

5. Formula 4: **Jia Wei Xiao Yao San** (see *Essential Chinese Formulas*, p. 354)*Formula:* *jiā wèi xiǎo yáo sǎn* (加味逍遥散)

“Added Ingredients Free Wanderer Powder”

Author: Xuē Jǐ (薛己) aka Xuē Xīn-Fǔ (薛新甫) or Xuē Lì-Zhāi (薛立斋)*Source:* *Nèi Kē Zhāi Yào* (内科摘要), circa 1530

Literal: “Internal (Medicine) Department Selected Essentials”

Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>fú líng</i> (茯苓), Poria	FC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	E
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	DA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep	AA
<i>bò hé</i> (薄荷), Herba Menthae	BB

J. DYSMENORRHEA

1. See Yu Jin, p. 77

2. See Fratkin, *Essential Chinese Formulas*, Chapter 8C, p. 358**K. POLYCYSTIC OVARY SYNDROME (PCOS)**

1. See Yu Jin, p. 59

III. PREVENTION OF MISCARRIAGE

A. General

1. Stages of miscarriage

- a. Threatened miscarriage
 1. Slight bleeding and lower abdomen cramping
 2. Cervix is closed and treatment can stop miscarriage
 3. Use blood test to determine high hCG level (human chorionic gonadotropin)
 - a. If high and positive, there is a 90% chance to save embryo
 - b. If positive and low, there is a risk of losing the pregnancy
- b. Incomplete miscarriage
 1. If there is heavy bleeding with painful cramping, indicates an incomplete miscarriage
 2. Requires D&C (dilatation and curettage)
- c. Complete miscarriage
 1. Bleeding gradually stops, cramps gradually recede
 2. Cervix will close

2. IVF and Prevention of Miscarriage

- a. Women who are age 40 will have a 50% miscarriage rate without TCM
- b. TCM can reduce risk and allow normal gestation
- c. Principles
 1. Careful not to invigorate *qi* and blood too forcibly

B. TCM Protocols to Treat Threatened Miscarriage

1. *Qi* and Blood Deficiency

- a. Bleeding or spotting, and sinking sensation in lower abdomen

Px: **Tai Yuan Yin**

tāi yuán yǐn (胎原饮), “Fetal Source Cool-Decoction”

Ingredients:

<i>rén shēn</i> (人参), Radix Ginseng	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	G
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	AC
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

Modifications:

To boost *qi*:

<i>huáng qí</i> (黄芪), Radix Astragali	AA
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Spleen *qi* deficiency:

<i>fú líng</i> (茯苓), Poria	FC
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA

Blood deficiency:	
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB
Kidney <i>yin</i> deficiency:	
<i>shān zhū yú</i> (山茱萸), Fructus Corni	AD
<i>sāng shèn</i> (桑椹), Fructus Mori	AB
Kidney <i>yang</i> deficiency:	
<i>xù duàn</i> (续断), Radix Dipsaci	AC
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	AC
Kidney <i>qi</i> deficiency:	
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>shā yuàn zǐ</i> (沙苑子), Semen Astragali Complanati	AC
Nausea:	
<i>shā rén</i> (砂仁), Fructus Amomi	FB
Vomiting:	
<i>bàn xià</i> (半夏), Rhizoma Pinelliae	CA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	BA
Bleeding due to heat:	
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	AD
Bleeding due to cold:	
<i>ài yè</i> (艾叶), Folium Artemisiae Argyi	J

2. Kidney Qi Deficiency

- Kidney too weak to hold fetus
- Lower back pain, sinking sensation in lower abdomen
- Weak legs, frequent urination, spotting or bleeding

Px: **Shou Tai Wan**

shòu tāi wán (寿胎丸), “Longevity Fetus Pills”

Ingredients:

<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>sāng jì shēng</i> (桑寄生), Herba Taxilli/Loranthi	AD
<i>xù duàn</i> (续断), Radix Dipsaci	AC
<i>ē jiāo</i> (阿胶), Colla Corii Asini	AB

Modifications:

To boost *qi*:

<i>huáng qí</i> (黄芪), Radix Astragali	AA
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Spleen *qi* deficiency:

<i>fú líng</i> (茯苓), Poria	FC
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA

Blood deficiency:

<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB

Kidney *yin* deficiency:

<i>shān zhū yú</i> (山茱萸), Fructus Corni	AD
<i>sāng shèn</i> (桑椹), Fructus Mori	AB

Kidney <i>yang</i> deficiency:	
<i>xù duàn</i> (续断), Radix Dipsaci	AC
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	AC
Kidney <i>qi</i> deficiency:	
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>shā yuàn zǐ</i> (沙苑子), Semen Astragali Complanati	AC
Nausea:	
<i>shā rén</i> (砂仁), Fructus Amomi	FB
Vomiting:	
<i>bàn xià</i> (半夏), Rhizoma Pinelliae	CA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	BA
Bleeding due to heat:	
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	AD
Bleeding due to cold:	
<i>ài yè</i> (艾叶), Folium Artemisiae Argyi	J

3. Blood Heat

- Bright red blood, red tongue with thick fur
- Tx principle: clear heat, stop bleeding, nourish embryo

Px: **Bao Yin jian**

bǎo yīn jiān (保阴煎), “Protect Yin Water-Decoction”

Ingredients:

<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	DC
<i>huáng qín</i> (黄芩), Radix Scutellariae	DB
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri	DB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>xù duàn</i> (续断), Radix Dipsaci	AC
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

Modifications:

Yin deficiency:

<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	DC
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Blood deficiency:

<i>huáng jīng</i> (黄精), Rhizoma Polygonati	AA
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB

Lower back pain:

<i>sāng jì shēng</i> (桑寄生), Herba Taxilli/Loranthi	AD
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Bleeding:

<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	AD
<i>dì yú</i> (地榆), Radix Sanguisorbae	J
<i>cè bǎi yè</i> (侧柏叶), Cacumen Platycladi/Biotae	J

Insomnia:

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	N
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	L

4. Trauma

a. Tx principle: boots *qi* and blood, invigorates kidney

Px: **Sheng Yu Tang**

shèng yù tāng (圣愈汤), “Sage Healing Decoction”

Ingredients:

<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	DC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>rén shēn</i> (人参), Radix Ginseng	AA
<i>huáng qí</i> (黄芪), Radix Astragali	AA
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>sāng jì shēng</i> (桑寄生), Herba Taxilli/Loranthi	AD
<i>xù duàn</i> (续断), Radix Dipsaci	AC

Modifications:

Spleen *qi* deficiency:

<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macrocephalae	AA
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA

Kidney *yin* deficiency:

<i>shān zhū yú</i> (山茱萸), Fructus Corni	L
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Kidney *yang* deficiency

<i>dù zhòng</i> (杜仲), Cortex Eucommiae	AC
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	AC

Blood deficiency:

<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB
<i>gōu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB

Nausea:

<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	G
<i>shā rén</i> (砂仁), Fructus Amomi	FB

Sinking feeling in lower abdomen:

<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>shēng má</i> (升麻), Rhizoma Cimicifugae	BB

Bleeding due to deficiency heat:

<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	AD
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Bleeding due to excess heat:

<i>cè bǎi yè</i> (侧柏叶), Cacumen Platycladi/Biotae	J
<i>dì yú</i> (地榆), Radix Sanguisorbae	L

Bleeding due to endogenous cold (yang deficiency):

<i>ài yè</i> (艾叶), Folium Artemisiae Argyi	L
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Abdominal pain:

<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

Abdominal distension

<i>shā rén</i> (砂仁), Fructus Amomi	FB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	

C. Other Treatments to Prevent Miscarriage

1. Experiential formulas, Lifang Liang, p. 69
2. **Luteal Phase Defect (LPD) to Promote Progesterone (Yu Jin)**
 - a. General
 1. Luteal phase deficiency is when the corpus luteum is not producing adequate amounts of progesterone
 2. This is major reason for failure of embryo to implant and grow in the uterus, especially the first 4-12 weeks
 3. It is a major reason for infertility and miscarriage
 4. Often has bleeding between periods
 5. Other sx:
 - a. Kidney: fatigue, cold abdomen, lower back pain
 - b. Liver: irritability, breast tenderness, internal heat, dry eyes
 6. Efficacy
 - a. 60-70% of women with LPD benefit after 2-4 months
 - b. 25-30% become pregnant within 6 months
 - c. The formulas should be taken daily for 3-4 months
 - d. Can be continued during first semester to keep progesterone levels adequate

b. Formula 1: Kidney Deficiency

Ingredients:

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>guī bǎn</i> (龟板), Plastrum Testudinis/Chinemys *	AD
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	AA
<i>xù duàn</i> (续断), Radix Dipsaci	AC
<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	AC
<i>chǎo huái huā</i> (炒槐花), Flos Sophorae (charred)	J
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	AC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC

* or substitue:

<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	AD
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	AD

Modifications:

kidney *yin* deficiency:

<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	AD
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	AD

Kidney *yang* deficiency:

<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	AC
<i>huáng qí</i> (黄芪), Radix Astragali	AA

c. **Formula 2: Liver stasis with *yin* deficiency**

Ingredients:

<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>gōu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	L
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	AC
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	AC
<i>xiāng fù</i> (香附), Rhizoma Cyperi	G
<i>fú líng</i> (茯苓), Poria	FC

Modifications: For breast distension, add:

<i>yù jīn</i> (郁金), Radix Curcumae	K
<i>chuān liàn zǐ</i> (川楝子), Fructus Meliae Toosendan	G
<i>qīng pí</i> (青皮), Pericarpium Citri Reticulatae Viride	G

IV. SUPPORTING IVF (*IN VITRO* FERTILIZATION)

A. Procedures in *In Vitro* Fertilization

1. *In Vitro* Fertilization

- a. Egg and sperm are fertilized in petri dish and then implanted in uterus
- b. First performed 1981
- c. Indicated for infertility due to
 1. Fallopian tube obstruction
 2. Low sperm count
 3. Abnormal cervix
 4. Autoimmunity of husband or wife
 5. Unexplained infertility
 6. Infertility due to prior tubal surgery or damage
 7. Infertility due to endometriosis

2. Steps in IVF

- a. Regulation of hormones
 1. Usually woman takes birth control pills for the first month
 - a. Not given in women over 40 or with high FSH
 2. To control ovulation, sometime Lupron is given before or after BC pills
 3. Another method gives Antagon (ganirelix) 3 days before an injection of hCG (human chorionic gonadotropin)

- b. Stimulation of Ovulation
 - 1. Different methods are used depending on patient
 - 2. Even in normal ovulation, ovulatory stimulation is always done to induce maximum number of follicles containing mature oocytes
 - a. Ovarian follicles contain the oocyte
 - 3. Drugs used
 - a. Containing both LH (luteinizing hormone) and FSH
 - 1. Menotropins (Pergonal, Repronex)
 - b. Containing FSH only
 - 1. Follitropin beta (Follistim)
 - 2. Follitropin-alpha (Gonal-F)
- c. Monitoring follicular development
 - 1. During stimulation stage
 - a. Ultrasound
 - b. Blood levels of estrogen and LH
 - c. When follicles mature, these are performed daily for 4-6 days
 - 2. Final stages of follicular development and egg maturation
 - a. Patient given hCG (human chorionic gonadotropin) injection
 - b. This is given 34-36 hours prior to egg retrieval just before ovulation
 - c. Helps to change immature eggs to mature eggs (metaphase II)
- d. Oocyte retrieval
 - 1. Sometimes laparoscopic aspiration is used
 - 2. Otherwise trans-vaginally with ultrasound guidance (USG)
 - 3. A typical cycle may produce 12 eggs
 - a. Maybe 8 are mature enough for for fertilization
 - b. 2-4 of the fertilized eggs will be transferred to the uterus
 - c. 2-3 will be frozen for future implantation (cryopreserved)
- e. Laboratory
 - 1. Eggs are removed in a fluid
 - 2. Lab analysis determined which are mature
 - 3. These are put in a petri dish with appropriate medium and then incubated for 3-6 hours (depending on maturity)
 - 4. Then exposed to sperm
 - 5. Semen is also prepared
 - a. Simple washing and centrifuging
 - b. Or, separation of most motile sperm
 - c. 50,000 to 500,000 motile sperm per ml are used
 - 6. If sperm quality or number is low, a single sperm is injected into the interior of an egg
 - a. Called ICSI: intracytoplasmic sperm injection
- f. Embryo growth in culture
 - 1. Fertilized egg is examined 15-18 hours later for viability
 - 2. Switched from incubation medium to growth medium
 - 3. Kept 48-72 hours before insemination
 - 4. Embryo needs to be in 4 or 8 cell stage before transfer

- g. Embryo transfer
 1. 2-6 days after insemination, the viable embryos are mixed with small volume of medium
 2. Transfer by catheter, through cervix, into uterine cavity
 3. Age < 35, 2-3 embryos; > 35 3-4 embryos
- h. Luteal phase monitoring
 1. Usually the patient is placed on progesterone, either suppository or oral
 2. Ultrasound is performed to assess ovarian size
 3. Pregnancy test performed 12-14 days later
 - a. If positive, progesterone is continued
 4. A fetal sac can be seen at 25 days following implantation
 5. Fetal heart
 6. is observed at day 35

B. TCM Herbal Preparation Before In Vitro

1. Three months prior to IVF, patient should receive acupuncture and herbal treatment
 - a. Often, this approach normalizes the cycle and the patient can conceive naturally
2. Objectives during preparation
 - a. Improve function of ovaries
 1. Improving function of ovaries also makes better quality eggs and strong, healthy embryos
 2. Regulates estrogen and progesterone
 - a. This thickens lining of uterus
 3. This increases blood flow to uterus
 - a. Promotes follicular development and number of follicles
 1. TCM should at least double the amount of follicles
 2. Significantly enhances the embryo's quality and quantity
 - b. Promotes embryo implantation
 4. Decreases FSH levels by regulating hormones
 - a. Elevated FSH indicates poor ovarian function
 - b. Always check FSH level
 1. Normal is below 10
 2. Complete menopause is at 35
 - b. Strengthen immune system and reduce stress
 1. Conventional IVF succeeds in pregnancy only 15-20%
 2. An important component is to strengthen the immune system with acupuncture and herbs
 - c. Use formulas described above for infertility:
 1. Irregular menses - early
 2. Irregular menses - delayed
 3. Irregular menses - erratic
 4. Amenorrhea
 5. Heavy uterine bleeding due to anovulation

C. TCM Protocols During *In Vitro* Fertilization

1. General
 - a. Most important stage in the *in vitro* process
 - b. Integrating TCM with western protocol greatly increases chances of success

2. Starting Oral Contraceptive Pills for IVF
 - a. One month prior to IVF procedure
 - b. Allows ovaries to rest and to regulate hormones
 - c. Use acupuncture 1- 2 x week
 - d. Px: **Huo Jing Zhong Zi Fang**
huó jīng zhǒng zǐ fāng (活精种子方), “Invigorate *Jing*, (Plant the) Seed Important-Formula”
Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>fú líng</i> (茯苓), Poria	FC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	G
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA
 - e. Acupuncture: St 36, Sp 6, Liv 3, LI 4, Sp 10, *Yintang*, *Zi Gong Xue* (M-CA-18)

3. Stimulation of Ovaries for IVF

- a. 2-3 days after the menstrual cycle begins, patients are given Follistim, Gonal-F, and Repronex
 1. These function like FSH and LH and stimulate the body to produce more follicles
- b. Chinese herbs are given at this time to boost kidney and spleen, nourish blood, calm *shen*
 1. This produces more follicles and thickens endometrium lining
 2. Also reduces side effects of the drugs
- c. Px: **Ding Jing Fang**
dìng jīng fāng (定经方), “Stabilize Menses Important-Formula”
Author: Fù Shan (傅山) aka Fù Qīng-Zhǔ (傅青主)
Text: *fù qīng zhǔ nǚ kē* (傅青主女科)
Literal: “Fu Qing-Zhu’s Gynecology”

d. *Ingredients:*

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	AC
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

*Modifications:**Qi* deficiency:

<i>huáng qí</i> (黄芪), Radix Astragali	AA
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Spleen deficiency:

<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
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Blood deficiency:

<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB

Kidney *yin* deficiency:

<i>shān zhū yú</i> (山茱萸), Fructus Corni	L
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	AD

Kidney *yang* deficiency:

<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	AC
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Acupuncture: St 36, Sp 6, Liv 3, LI 4, Kin 3, Du 20, *Yintang*, *Zi Gong Xue* (M-CA-18)

4. **Before Transfer of Embryos for IVF**

a. Chinese medicine especially helpful at this stage

1. Helps dilate cervix for transfer of embryo into uterus
2. Calms patient to help relax uterus
3. Inhibits cramping and uterine contractions to help implantation

b. Px: **Huo Jing Zhong Zi Fang** (above, C-2-d.)

1. Take two times:

- a. Once the night before the day of transfer
- b. Once the morning of the transfer

2. Add following modifications:

<i>Qi</i> deficiency: <i>dǎng shēn</i> (党参), Radix Codonopsis	AA
Anxiety: <i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosa	N

c. Acupuncture: St 36, Sp 6, Liv 3, LI 4, Ki 3, Du 20, *Yintang*, *Si Shen Cong* (M-HN-1)d. Ear: *Shenmen*, Kidney, Liver, Spleen

5. After Transfer of Embryos for IVF

- a. After transfer, important to assist blood circulation in the uterus, maintain implantation, and nourish embryo growth
1. Also, to relax uterus to prevent contractions, and prevent bleeding

b. Kidney *Yang* Deficiency

Px: **An Tai Fang**

ān tāi fāng (安胎方), “Safe Fetus Important-Formula”

Ingredients:

<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>xù duàn</i> (续断), Radix Dipsaci	AC
<i>sāng jì shēng</i> (桑寄生), Herba Taxilli/Loranthi	AD
<i>shān zhū yú</i> (山茱萸), Fructus Corni	L
<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

c. Kidney *Yin* Deficiency

Px: **Yang Tai Fang**

yǎng tāi fāng (养胎方), “Nourish Fetus Important-Formula”

Ingredients:

<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	L
<i>shān yào</i> (山药), Rhizoma Dioscoreae	AA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	AD
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	N
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

Modifications:

Qi deficiency: *huáng qí* (黄芪), Radix Astragali AA

Blood deficiency:

<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB

Sinking in lower abdomen:

<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>shēng má</i> (升麻), Rhizoma Cimicifugae	BB

Anxiety: *lóng yǎn ròu* (龙眼肉), Arillus Longan AB

d. Acupuncture: St 36*, Ki 3*, Du 20, *Yintang*

(*: only immediately after transfer, otherwise too stimulating)

Ear: *Shenmen*, Kidney, Liver, Spleen

6. Throughout Pregnancy

- a. Use An Tai Fang or Yang Tai Fang
- b. If liver qi and blood stagnation, use:

Modified Xiao Yao San:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	G
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	N
<i>gān cǎo</i> (甘草), Radix/Rhizoma Glycyrrhizae	AA

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CODES FOR THE HERB CATEGORIES

AA	Tonify <i>Qi</i>	<i>bǔ qì</i> (补气)
AB	Tonify Blood	<i>bǔ xuè</i> (补血)
AC	Tonify <i>Yang</i>	<i>bǔ yáng</i> (补阳)
AD	Tonify <i>Yin</i>	<i>bǔ yīn</i> (补阴)
BA	Acrid-Warm Release Exterior	<i>xīn wēn jiě biǎo</i> (辛温解表)
BB	Acrid-Cool Release Exterior	<i>xīn liáng jiě biǎo</i> (辛凉解表)
CA	Dry Dampness, Dissolve Phlegm	<i>zào shī huà tán</i> (燥湿化痰)
CB	Clear Heat, Dissolve Phlegm	<i>qīng rè huà tán</i> (清热化痰)
CC	Relieve Cough, Panting	<i>zhǐ ké píng chuǎn</i> (止咳平喘)
DA	Clear Heat, Drain Fire	<i>qīng rè xiè huǒ</i> (清热泻火)
DB	Clear Heat, Drain Dampness	<i>qīng rè lì shī</i> (清热利湿)
DC	Clear Heat, Cool Blood	<i>qīng rè liáng xuè</i> (清热凉血)
DD	Clear Heat, Resolve Toxins	<i>qīng rè jiě dú</i> (清热解毒)
DE	Clear Heat, Nourish <i>Yin</i>	<i>qīng rè yǎng yīn</i> (清热养阴)
DF	Clear Heat, Resolve Summer-Heat	<i>qīng rè jiě shǔ</i> (清热解暑)
E	Warm Interior	<i>wēn lǐ</i> (温里)
FA	Dispel Wind, Overcome Dampness	<i>qū fēng shèng shī</i> (祛风胜湿)
FB	Dispel Dampness	<i>qū shī</i> (祛湿)
FC	Drain Dampness	<i>lì shī</i> (利湿)
G	Rectify <i>Qi</i>	<i>lǐ qì</i> (理气)
H	Remove Food-Stasis	<i>dǎo zhì</i> (导滞)
J	Stop Bleeding	<i>zhǐ xuè</i> (止血)
K	Invigorate Blood, Dissolve Stasis	<i>huó xuè huà yū</i> (活血化瘀)
L	Consolidate, Astringe	<i>gù sè</i> (固涩)
M	Open Orifices	<i>kāi qiào</i> (开窍)
N	Tranquilize Heart, Calm <i>Shen</i>	<i>zhèn xīn ān shén</i> (镇心安神)
O	Extinguish Wind, Stop Tremors	<i>xī fēng zhǐ chōu</i> (熄风止抽)
PA	Purgatives	<i>xià fǎ</i> (下法)
PB	Moistening Purgatives	<i>rùn xià</i> (润下)
PC	Purgation by Expelling Water	<i>gōng xià zhú shuǐ</i> (攻下逐水)
Q	Kill Worms	<i>shā chóng</i> (杀虫)
R	External Application	<i>wài zhì fǎ</i> (外治法 Fāng (定经方))