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
      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

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
2. **Blood deficiency**
   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
   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