

INFERTILITY, AMENORRHEA, IRREGULAR MENSES

Jake Paul Fratkin, OMD, L.Ac.

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Chinese herbal medicine is particularly effective with common gynecological complaints. In this first gynecology lecture, we will cover herbal products for premenstrual syndrome (PMS), dysmenorrhea, and menopausal disorders. Looking at liver and kidney patterns, we will review the well-known classical formulas, and pay particular attention to a number of successful modern formulas.

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HOOR 1: OVERVIEW OF GYNECOLOGICAL CONDITIONS

A. OVERVIEW OF THE MENSTRUAL CYCLE IN MODERN BIOMEDICINE

1. Puberty

- a. Can start at age 10 with pre-menses signs
- b. Breast budding, broadening of hips, pubic and underarm hair
- c. Body fat increases
- d. Menses usually starts at age 12 (between 11 and 13)
- e. By 14-16, body is reproductively mature
 1. Menses will start, and continue until menopause

2. Hormones involved

- a. Menses regulated by interaction of estrogen and progesterone
 1. Released from the ovaries
- b. Follicle-stimulating hormone (FSH) and luteinizing hormone (LH)
 1. Released by anterior pituitary gland
 2. In response to gonadotropin-releasing hormone (GnRH)
 - a. Released from hypothalamus

3. Three phases of menstrual cycle

a. Follicular phase

1. Begins on the first day of menses
 - a. This is the shedding of the endometrial lining
 - b. Counted as day one of the menstrual cycle
2. Bleeding lasts 3-7 days
3. Average blood loss is 35 ml
 - a. 10-80 ml considered normal
4. Hypothalamus secretes gonadotropin-releasing hormone (GnRH)
 - a. Released from influence of high progesterone
 - b. This stimulates pituitary to stimulate secretion of follicle-stimulating hormone (FSH)
 - c. Causes ovaries to recruit 3-20 candidate follicles for maturation

5. 1-2 follicles will go on to maturity
 - a. Follicle secretes estrogen in increasing amounts
 1. Stimulates uterine lining to thicken
 2. Stimulates production of cervical mucus
 - a. This facilitates entry of sperm into uterus

b. Ovulatory phase (event)

1. Follicle reaches maturity
2. Secretes estradiol (a form of estrogen) to trigger a spike in luteinizing hormone (LH) and follicle-stimulating hormone (FSH)
 - a. Called LH surge
 - b. Should occur around day 12
3. LH weakens wall of follicle so that mature egg can be released
 - a. Ovulation occurs 16-44 hours after onset of LH surge
 - b. Ovulation is usually day 13-14
 1. Pregnancy most likely 3 days before, and the day of, ovulation
 - c. If no fertilization, another menses should occur in 14 days
4. Egg swept into fallopian tube
 - a. Assisted by fimbria, a finger-like structure at entrance of fallopian tube
 - b. Fertilization occurs in fallopian tube
5. After ovulation, ruptured follicle closes

c. Luteal phase

1. After ovulation, the ruptured follicle turns into the corpus luteum (CL)
 - a. Levels of FSH drop
 - b. Creation of corpus luteum is facilitated by LH
 - c. Corpus luteum is a temporary structure that occurs following each ovulation
 - d. CL secretes increasing amounts of progesterone and estrogen
 1. Prepare the lining of the uterus for fertilized egg implantation

2. Increased estrogen
 - a. Inhibits hormones used in follicular phase - GnRH and FSH
 - b. Thickens the endometrial lining
3. Increased progesterone makes the lining rich with glycogen, mucus, etc
 - a. Release of progesterone increases body temperature by .5 – 1° F.
4. A fertilized egg will implant 6-12 days after ovulation
 - a. Embryo signals corpus luteum to secrete hormone human chorionic gonadotropin (HCG)
 - b. HCG stimulates corpus luteum (CL) to continue secreting progesterone
5. If no fertilization, there is no HCG hormone and CL will disintegrate
6. Progesterone and estrogen secretions diminish and uterine lining begins to shed
 - a. This shedding is the menstrual period
7. Once estrogen drops below a certain level, it signals hypothalamus to release GnRH
 - a. This causes pituitary to release more FSH to prepare a new egg for the next cycle

B. OVERVIEW OF TCM GYNECOLOGY

See separate document: *TCM Overview of Gynecological Presentations*

INFERTILITY

A. OVERVIEW IN MODERN BIOMEDICINE

1. Ovarian Factors

- a. Egg quality declines
 - 1. If genetically damaged and the fertilized egg is non-viable, miscarriage often results
 - 2. Within hours, or up to 12 weeks
- b. At age 41, function of ovaries start to decline
 - 1. Can be as early as age 38
 - 2. Follicle-stimulating hormone (FSH) increases in order to induce fertilization
 - a. If level is >10 , it means ovarian function has declined
 - b. More difficult to achieve pregnancy
 - 3. Estrogen and progesterone levels also decline
 - a. Causes thinning of uterine endometrium
- c. Failure to ovulate (anovulation)
 - 1. May be occasional or total
 - 2. Causes
 - a. Hormonal changes
 - 1. Can cause irregular menses, amenorrhea, or heavy uterine bleeding
 - b. Pituitary insufficiency
 - 1. Absent or infrequent release of GnRH
 - 2. Leads to decrease of FSH and LH
 - 3. Causes: injury, tumor, excessive exercise, malnutrition
 - c. Polycystic ovary syndrome (PCOS)
 - 1. Often due to elevated testosterone
 - d. Hypothyroidism
 - 1. If thyroid gland is underactive, hypothalamus and pituitary will increase thyroid-releasing hormone (TRH) and thyroid-stimulating hormone (TSH)

2. TRH prompts pituitary to release more TSH
3. But TRH also stimulates release of prolactin
 - a. This can suppress release of LH and FSH

d. Fallopian Tube Factors

1. Tube damage or blockage
 - a. Follows infection/inflammation (salpingitis)
 1. Chlamydia
 2. Pelvic inflammatory disease (PID)
 3. Endometriosis
 - b. Causes scarring and fusion
 - c. Any tubal infection increases risks of infertility
2. Blocked fallopian tube leads to ectopic pregnancy

e. Uterine factors

1. Myoma (fibroids), endometrial polyp
 - a. Distort uterine cavity
 - b. Can block embryo from entering uterus
 - c. Can cause detachment of placenta as embryo develops in size
2. Structural problems of uterus
 - a. Too small, abnormal shape, presence of septum

f. Cervical factors

1. Sperm cannot pass through the opening of the uterus
2. Causes
 - a. Inhospitable cervical mucus
 - b. Stenosis
 - c. Infections
 1. Chlamydia, gonorrhea, Trichomonas
 - d. Presence of antibodies that attack the sperm

2. Helpful Approaches in Infertility

- a. Do Expanded Female Hormone Panel, Diagnos-techs
(www.diagnotechs.com/Pages/FHPPProviderOverview.aspx)
 - 1. 11 saliva samples over 30 days
 - a. One sample every 3 days
 - 2. Maps out cycles and levels of estrogen and progesterone and testosterone over course of one month
 - 3. Results how poor timing, or low levels of progesterone
 - 4. Will suggest progesterone supplementation for different times in the cycle

B. INFERTILITY OVERVIEW IN TCM

1. Treat irregular menses or amenorrhea first

- a. Treatment of infertility often requires that the menses normalize for fertilization to occur

2. Infertility Syndromes

- 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

3. Most common presentations

- a. Deficiency of kidney and blood
- b. Liver stasis of *qi* and blood
- c. Phlegm-dampness

4. (INFERTILITY) DEFICIENCY OF KIDNEY AND BLOOD

- a. Signs and symptoms
 1. Infertility
 2. Fatigue
 3. Low back or knee pain or weakness
 4. Dislike of cold
 5. Dry skin
 6. Pale skin, lips, nails, tongue
 7. Scanty menses
 8. Late menses
 9. Low libido

- b. Custom formula: see *Contemporary Gynecology*, Liang, p. 219

- c. For deficiency of kidney *yang* and blood, combine (and choose from)
 1. Kidney *yang* deficiency
 - a. *Jin Gui Shen Qi Wan*
 1. See *Essential Chinese Formulas*, p. 560
 - b. *Wu Zi Yan Zong Wan*
 1. See *Essential Chinese Formulas*, p. 562
 - c. *You Gui Wan*
 1. See *Essential Chinese Formulas*, p. 564
 - d. Ginseng Tonic Capsules (PM)
 1. See *Essential Chinese Formulas*, p. 584

 2. Blood deficiency
 - a. *Ba Zhen Tang*
 1. See *Essential Chinese Formulas*, p. 538
 - b. *Si Wu Tang*
 1. See *Essential Chinese Formulas*, p. 526

d. Or choose from:

1. *Huan Shao Dan*
 - a. See *Essential Chinese Formulas*, p. 576
2. *Shi Quan Da Bu Wan*
 - a. See *Essential Chinese Formulas*, p. 580
3. Eleuthero 10+ (SF)
4. Astra Essence (HC)
5. Nourish Jade Yang (K)
6. Nourish Essence (GF)

HUAN SHAO DAN

Formula: *huán shào dān* (还少丹), “Restore Youth Elixir”

Author: Hóng Zūn (洪遵) aka Hóng Jǐng-Píng (洪景平)

Source: *Hóng Shì Jí Yàn Fang* (洪氏集验方), 1170

Literal: “Hong’s Collection (of) Examined Formulas”

Availability:

HUAN SHAO WAN (HT, TL)

LYCIUM FORMULA (EG)

RETURN TO SPRING TEAPILLS (PF)

YOUTH AGAIN (PM)

Ingredients: (from Herbal Times “Huan Shao Wan”)

<i>dà zǎo</i> (大枣), Fructus Jujubae	9.1 %	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	9.1	AB
<i>fú líng</i> (茯苓), Poria	9.1	FC
<i>shān yào</i> (山药), Rhizoma Dioscoreae	9.1	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	6.1	AC
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	6.1	AC
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	6.1	AB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	6.1	K
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	6.1	AA
<i>shān zhū yú</i> (山茱萸), Fructus Corni	6.1	L
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.1	L
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	6.1	E
<i>zhǐ shí</i> (枳实), Fructus Aurantii Immaturus	6.1	G
<i>yuǎn zhì</i> (远志), Radix Polygalae	6.1	N
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	3.0	M

ELEUTHERO 10+ Seven Forests

Ingredients:

<i>cì wǔ jiā</i> (刺五加), Radix Acanthopanax Senticosi	13 %	AC
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	12	AA
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	8	AB
<i>shān zhā</i> (山楂), Fructus Crataegi	8	H
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	8	AC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	8	AB
<i>huáng qí</i> (黄芪), Radix Astragal	7	AA
<i>yì zhì rén</i> (益智仁), Fructus Alpiniae Oxyphyllae	6	AC
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	5	M
<i>chǔ shí zǐ</i> (楮实子), Fructus Broussonetiae	5	AD
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	5	AD
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	5	AC
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	4	AC
<i>shān zhū yú</i> (山茱萸), Fructus Corni	4	L
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	2	AA

ASTRA ESSENCE

Health Concerns

Ingredients:

<i>huáng qí</i> (黄芪), Radix Astragal	AA
<i>shā yuàn zǐ</i> (沙苑子), Semen Astragali Complanati	AC
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	AD
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	AC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>rén shēn</i> (人参), Radix Ginseng	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	L

NOURISH JADE YANG

Kan Traditionals

Ingredients:

<i>rén shēn</i> (人參), Radix Ginseng	AA
<i>dāng guī</i> (當歸), Radix Angelicae Sinensis	AB
<i>shú dì huáng</i> (熟地黃), Radix Rehmanniae Praep.	AB
<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macro.	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>tù sī zǐ</i> (菟絲子), Semen Cuscutae	AC
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	AC
<i>lù jiǎo jiāo</i> (鹿角膠), Colla Cornu Cervi	AC
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	AC
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	AA
<i>xiāng fù</i> (香附), Rhizoma Cyperi	G
<i>dān shēn</i> (丹參), Radix/Rhiz. Salviae Miltiorr.	K
<i>hú jiāo</i> (胡椒), Fructus Piperis	E

NOURISH ESSENCE FORMULA

Golden Flower

Origin: Jin Gui Shen Qi Wan

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	14 %	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	9	AA
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	9	AB
<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	9	AC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	8	AC
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	8	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	7	L
<i>fú líng</i> (茯苓), Poria	7	FC
<i>fù pén zǐ</i> (覆盆子), Fructus Rubi	7	L
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	6	DC
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6	L
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	5	FC
<i>suǒ yáng</i> (锁阳), Herba Cynomorii	5	AC

5. (INFERTILITY) LIVER STASIS OF *QI* AND BLOOD

- a. Signs and symptoms
 1. Infertility
 2. Irritability
 3. History of premenstrual syndrome, dysmenorrhea or irregular menses
 4. Tongue: dark
 5. Pulse: wiry
- b. Custom formula: see *Contemporary Gynecology*, Liang, p. 221
- c. Classical Formulas, combine (choose)
 1. Liver *qi* stasis
 - a. *Xiao Yao San*
 1. See *Essential Chinese Formulas*, p. 288
 - b. *Chai Hu Shu Gan Wan*
 1. See *Essential Chinese Formulas*, p. 280
 - c. *Tian Tai Wu Yao San*
 1. See *Essential Chinese Formulas*, p. 284
 - d. Cyperus 18 (SF)
 2. Liver blood stasis
 - a. *Ge Xia Zhu Yu Tang*
 1. See *Essential Chinese Formulas*, p. 282
 - b. *Shao Fu Zhu Yu Tang*
 1. See *Essential Chinese Formulas*, p. 364
 - c. Women's Rhythm (K)
 - d. Mobilize Essence Formula (GF)

WOMEN'S RHYTHM

Kan

Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>xiāng fù</i> (香附), Rhizoma Cyperi	G
<i>hóng huā</i> (红花), Flos Carthami	K
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	K
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB
<i>hé huān pí</i> (合欢皮), Cortex Albiziae	N
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	FC
<i>mù xiāng</i> (木香), Radix Aucklandiae	G
<i>shān zhā</i> (山楂), Fructus Crataegi	H
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>qīng pí</i> (青皮), Pericarpium Citri Reticulatae Viride	G
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	E

MOBILIZE ESSENCE FORMULA

Golden Flower

Ingredients:

<i>hé huān pí</i> (合欢皮), Cortex Albiziae	12 %	N
<i>jī xuè téng</i> (鸡血藤), Caulis Spatholobi/Millettiae	11	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	9	AB
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	9	K
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	9	AD
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	9	AC
<i>xù duàn</i> (续断), Radix Dipsaci	9	AC
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	8	AB
<i>fú líng</i> (茯苓), Poria	7	FC
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	7	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligusticum Chuanxiong	5	K
<i>hóng huā</i> (红花), Flos Carthami	5	K

6. (INFERTILITY) PHLEGM-DAMPNESS

a. Signs and symptoms

1. Infertility
2. Generalized heaviness
3. Overweight
4. History of ovarian cysts or PCOS
5. History of irregular menses or amenorrhea
6. Tongue: thick white coat
7. Pulse: slippery

b. Custom formula: see *Contemporary Gynecology*, Liang, p. 222

AMENORRHEA

A. OVERVIEW IN MODERN BIOMEDICINE

1. Medical definition is lack of menstruation for three consecutive months
2. Primary amenorrhea
 - a. Failure to menstruate by 16 years of age
 - b. Causes
 1. Anatomical abnormalities
 2. Hypothalamic or pituitary disease
 3. Genetic factors
 4. Hormonal imbalance
3. Secondary amenorrhea
 - a. Absence of menstruation for three consecutive months, in women with previous regular cycles
 1. Includes hypomenorrhea – scanty menses
 2. Delayed menses with scanty blood (oligomenorrhea)
 3. Indicates failure of ovary to release egg from corpus luteum
 - a. DX: basal temperature reading
 - b. Progesterone level
 - b. Causes
 1. Endocrine dysfunction
 - a. Thyroid dysfunction (hypo or hyper)
 - b. Hypothalamic insufficiency
 1. Diminished secretion of gonadotropin releasing hormone (GnRH)
 - c. Ovarian dysfunction
 1. Low estrogen
 - d. Pituitary or hypothalamus dysfunction
 - e. Excess testosterone
 1. PCOS (polycystic ovarian syndrome)

2. Breast feeding
 3. Following cessation of BC pills
 4. Menopause
 5. Chemotherapy
 6. Stress, affecting hypothalamic-pituitary-ovarian axis
 7. Rapid weight change, affecting hormone regulation
 8. Intensive exercise (running, bicycling, ballet)
 - a. Inhibits secretion of gonadotropin releasing hormone (GnRH)
 9. Anemia
 10. Eating disorders
 11. Obesity
 12. Diabetes
 13. Medications
 - a. Psychiatric
 - b. Blood pressure
 - c. Pain
 - d. Narcotics
 - e. Tranquilizers
- c. Medical evaluation
1. Hormone level testing of FSH, estrogen, progesterone, TSH, fT4, fT3, prolactin
 2. Ultrasound for PCOS, cysts, tumors
 3. MRI for pituitary adenoma
 4. Progestin challenge test to evaluate ovarian production of estrogen
- d. Medical treatment
1. Hormonal therapy
 - a. Estrogen and/or progesterone as BC pills
 - b. Thyroid
 2. Usually estrogen-progestin (synthetic progesterone) given for 3 weeks, followed by nothing for 1 week
 - a. This mimics natural cycle
 - b. Promotes shedding of endometrial lining

3. Problems with this therapy
 - a. OK for several months, but prolonged use will weaken natural ovarian function
 - b. Can contribute to ovarian cysts
 1. Eggs form, but are not released

B. OVERVIEW IN TCM

1. Common *Zang-fu* patterns and formulas

Kidney Deficiency

Deficiency of *Qi* and Blood

Qi and Blood stagnation

Phlegm-damp obstruction

a. (AMENORRHEA) KIDNEY DEFICIENCY

1. Signs and symptoms

- a. Amenorrhea
- b. History of scanty bleeding or irregular menses
- c. History of onset of late menses (after age 18)
- d. Menstrual blood thin and light colored
- e. Weakness, fatigue
- f. Low back pain
- g. Possible night sweats
- h. Dizziness
- i. Pulse: weak, deep, thin
- j. Tongue

1. *Yang* deficiency: pale

2. *Yin* deficiency: red, possibly peeled coat

2. Comments

- a. May involve congenital endocrine dysfunction
 1. Esp. ovarian or pituitary dysfunction
 2. Will show diminished production of estrogen, progesterone, FSH

3. Formulas

- a. Custom prescription: Liang, *Contemporary Gynecology*, p. 41
- b. *Yang* deficiency
 - 1. *Jin Gui Shen Qi Wan*
 - a. See *Essential Chinese Formulas*, p. 560
 - 2. *You Gui Wan*
 - a. See *Essential Chinese Formulas*, p. 564
 - 3. *Huan Shao Wan*
 - a. See *Essential Chinese Formulas*, p. 576
 - 4. Essential Yang Formula (GF)
 - 5. Epimedium 8 (SF)
- c. *Yin* deficiency
 - 1. *Liu Wei Di Huang Wan*
 - a. See *Essential Chinese Formulas*, p. 550
 - 2. *Zuo Gui Wan*
 - a. See *Essential Chinese Formulas*, p. 554

ESSENTIAL YANG FORMULA

Golden Flower

Origin: Jin Gui Shen Qi Wan

Ingredients:

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	19.8 %	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	9.9	AA
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	9.9	AB
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	9.9	AC
<i>shān zhū yú</i> (山茱萸), Fructus Corni	9.9	L
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	8.4	AC
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	7.4	FC
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	7.4	DC
<i>fú líng</i> (茯苓), Poria	7.4	FC
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	7.4	AC
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	2.6	E

EPIMEDIUM 8

Seven Forests

Ingredients:

<i>yín yáng huò</i> (淫羊藿), <i>Herba Epimedii</i>	18 %	AC
<i>shú dì huáng</i> (熟地黄), <i>Radix Rehmanniae Praep.</i>	18	AB
<i>shān yào</i> (山药), <i>Rhizoma Dioscoreae</i>	15	AA
<i>bǔ gǔ zhī</i> (补骨脂), <i>Fructus Psoraleae</i>	14	AC
<i>tù sī zǐ</i> (菟丝子), <i>Semen Cuscutae</i>	14	AC
<i>fù zǐ</i> (附子), <i>Radix Aconiti Lateralis Praeparata</i>	9	E
<i>mài mén dōng</i> (麦门冬), <i>Radix Ophiopogonis</i>	9	AD
<i>chén pí</i> (陈皮), <i>Pericarpium Citri Reticulatae</i>	3	G

b. (AMENORRHEA) DEFICIENCY OF QI AND BLOOD

1. Signs and symptoms

- a. Amenorrhea
- b. Slow or scanty flow, or, heavy bleeding
- c. Late menses
- d. Pale lips, tongue, nails
- e. Dry skin or hair
- f. Fatigue, dizziness
- g. Pulse: thin, weak
- h. Tongue:
 1. Pale, thin, dry
 2. Pale, swollen

2. Formulas

- a. *Ba Zhen Tang*
 1. See *Essential Chinese Formulas*, p. 538
- b. *Ren Shen Yang Rong Tang*

1. See *Essential Chinese Formulas*, p. 542

REN SHEN YANG RONG TANG / YANG YING WAN

Formula: *rén shēn yǎng róng tāng* (人参养荣汤)

“Ginseng Nourish Luxuriant-Growth Decoction”

aka *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”

Availability:

Using the *Ren Shen Yang Rong Wan* formula:

GINSENG & REHMANNIA COMBINATION (EG)

GINSENG NOURISHING FORMULA (GF)

REN SHEN YANG RONG TANG (BP, TZ)

Using the *Yang Ying Wan* formula:

FU KE YANG RONG WAN (PM)

RENSHEN YANG YING WAN (PM)

YANG YING TEAPILLS (PF)

YANG YING WAN (MS, PM)

GINSENG NOURISHING FORMULA

Golden Flower

Origin: Ren Shen Yang Rong Tang

Ingredients:

	<i>bái sháo</i> (白芍), Radix Paeoniae Alba	19.9 %	AB
	<i>dāng guī</i> (当归), Radix Angelicae Sinensis	6.9	AB
	<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	6.9	G
	<i>huáng qí</i> (黄芪), Radix Astragali	6.9	AA
	<i>ròu guì</i> (肉桂), Cortex Cinnamomi	6.9	E
	<i>rén shēn</i> (人参), Radix Ginseng	6.9	AA
	<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	6.9	AA
*	<i>dà zǎo</i> (大枣), Fructus Jujubae	6.9	AA
	<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.9	L
*	<i>fú shēn</i> (茯神), Sclerotium Poriae Paradicis	5.5	N
	<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	5.5	AB
	<i>yuǎn zhì</i> (远志), Radix Polygalae	4.2	N
	<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	2.8	E

The *Yang Ying Wan* formula:

Ingredients: (From Minshan “Yang Ying Wan” and Plum Flower “Yang Ying Teapills”)

<i>dǎng shēn</i> (党参), Radix Codonopsis	15.1 %	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.6	AA
<i>huáng qí</i> (黄芪), Radix Astragali	7.6	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7.5	AA
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	7.5	E
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.5	G
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.5	AB
<i>dà zǎo</i> (大枣), Fructus Jujubae	7.5	AA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	7.5	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	5.7	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	5.7	L
<i>fú líng</i> (茯苓), Poria	5.7	FC
<i>yuǎn zhì</i> (远志), Radix Polygalae	3.8	N
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	3.8	BA

c. (AMENORRHEA) Q/ AND BLOOD STAGNATION

1. Signs and symptoms
 - a. Amenorrhea, sudden onset
 - b. Breast distension
 - c. Abdominal bloating
 - d. Irritability, moodiness
 - e. History of PMS
 - f. Headaches or migraines with menses
 - g. Tongue: dark or purple or purple spots
 - h. Wiry, or excess
2. Prescriptions
 - a. *Shao Fu Zhu Yu Tang*

SHAO FU ZHU YU TANG

Formula: *shào fǔ zhú yū tāng* (少腹逐瘀汤)

“Lower Abdomen Drive-Out Stasis Decoction”

Author: Wáng Qīng-Rèn (王清任)

Source: *Yī Lín Gǎi Cuò* (医林改错), 1830

Literal: “Physicians’ Circle, Correction (of) Errors”

Description: See *Essential Chinese Formulas*, p. 364

Availability:

FENNEL SEED & CORYDALIS COMBINATION (EG)

CNIDIUM & BULRUSH COMBINATION (EG)

SHAO FU ZHU YU TANG (BP, TZ)

SHAO FU ZHU YU WAN (HT)

STASIS IN THE LOWER PALACE TEAPILLS (PF)

* LOWER PALACE TABLETS (SF)

Ingredients: (from Herbal Times “Shao Fu Zhu Yu Wan”)

<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	13 %	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	13	AB
<i>pú huáng</i> (蒲黄), Pollen Typhae	13	J
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	13	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	8	K
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	8	E
<i>hóng huā</i> (红花), Flos Carthami	8	K
<i>mò yào</i> (没药), Myrrha	8	K
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	8	E
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	8	E

d. (AMENORRHEA) PHLEGM-DAMP OBSTRUCTION

1. Signs and symptoms
 - a. Amenorrhea, sudden or gradual onset
 - b. Overweight or prone to edema
 - c. Fatigue
 - d. Epigastric distension
 - e. Abnormal vaginal discharge
 - f. Tongue: swollen, wet with thick white coat
 - g. Pulse: slippery, soft, weak, wide
2. Prescriptions
 - a. Custom prescription: Liang, *Contemporary Gynecology*, p. 43
 - b. Custom formula approach
 1. Dr. Liang details a two formula approach to mimic Western medicine approach, *Contemporary Gynecology*, p. 45-47.
 2. For PCOS, a 5 stage custom approach are provided on p. 48-51
 - c. Phlegm-Transforming Formula (GF)

PHLEGM-TRANSFORMING FORMULA

Golden Flower

Ingredients:

<i>xià kū cǎo</i> (夏枯草), Spica Prunellae	12	DA
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorr.	10	K
<i>huáng qí</i> (黄芪), Radix Astragal	10	AA
<i>yì yǐ rén</i> (薏苡仁), Semen Coicis	10	FC
<i>bài jiàng cǎo</i> (败酱草), Herba Patriniae	10	DD
<i>zào jiǎo cì</i> (皂角刺), Spina Gleditsiae	7	CA
<i>kūn bù</i> (昆布), Thallus Laminariae	5	CB
<i>xuán shēn</i> (玄参), Radix Scrophulariae	5	DC
<i>huáng qín</i> (黄芩), Radix Scutellariae	5	DB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	5	G
<i>xiāng fù</i> (香附), Rhizoma Cyperi	5	G
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	5	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	5	AB
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	3	E
<i>xù duàn</i> (续断), Radix Dipsaci	3	AC

IRREGULAR MENSES

A. OVERVIEW IN MODERN BIOMEDICINE

1. General considerations

- a. Average cycle is 28 days
 - 1. Variation up to 7 days is considered normal
- b. Average bleeding is 4 days
 - 1. Variation between 2-6 days is considered normal
- c. Average blood loss is 30-80 ml
- d. Blood should not clot
- e. Normal menses should be painless
- f. Oral contraceptive pills will keep periods regular, with scanty blood flow
- g. IUDs cause heavier bleeding and more painful menstruation
- h. Hormones involved
 - 1. Gonadotropin-releasing hormone (GnRH)
 - 2. Follicle-stimulating hormone (FSH)
 - 3. Luteinizing hormone (LH)
 - 4. Estrogen
 - 5. Progesterone

2. Irregular Menstrual disorders

- a. Unpredictable, irregular; sometimes early, sometimes late, can be missed
 - 1. Early (polymenorrhea)
 - a. Cycles shorter than 21 days
 - b. Due to low levels of progesterone and early ovulation
 - 2. Late (oligomenorrhea)
 - a. Cycle more than 35 days
 - b. Or no menstruation for less than 6 months
 - c. Causes
 - 1. Scanty, non-secretory endometrium that is difficult to slough off

- 2. Hormonal imbalance due to
 - a. Stress
 - b. Weight change
 - c. Increased exercise
 - d. Perimenopause
 - e. PCOS
 - f. Pituitary tumor with elevated prolactin
 - g. Hypothyroidism
- 3. Other
 - a. Menorrhagia
 - b. Amenorrhea
 - c. Hypomenorrhea
- b. Treatment
 - 1. Treat underlying disease
 - 2. Modify lifestyle
 - 3. Hormone therapy as needed

B. TCM OVERVIEW

1. PATTERNS FOR EARLY MENSES

a. (EARLY MENSES) EXCESS HEAT

- 1. Signs and symptoms
 - a. Heavy bleeding
 - b. Deep-red, thick blood
 - c. Nosebleed
 - d. Thirst
 - e. Irritability-anxiety
 - f. Tongue: reddish, yellow coat
 - g. Pulse: excess, rapid
- 2. Prescription:
 - a. Custom prescription: see *Contemporary Gynecology*, Liang, p. 27

b. (EARLY MENSES) DEFICIENCY HEAT

1. Signs and symptoms
 - a. Light bleeding
 - b. Thick bright red blood
 - c. Tongue: reddish, thin or absent fur
 - d. Pulse: thin, rapid
2. Prescription:
 - a. Custom prescription: *Contemporary Gynecology*, Liang, p. 27

c. (EARLY MENSES) LIVER STASIS TRANSFORMING HEAT

1. Signs and symptoms
 - a. Light or heavy bleeding
 - b. Purplish blood with clots
 - c. Tongue: purplish red
 - d. Pulse: wiry, rapid
2. Prescription:
 - a. *Jia Wei Xiao Yao San*
 1. See *Essential Chinese Formulas*, p. 354
 - b. Freeing the Sun (TT)

FREEING THE SUN

Three Treasures

Author: Giovanni Maciocia

Ingredients:

<i>bò hé</i> (薄荷), Herba Menthae	BB
<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>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	DA
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>xiāng fù</i> (香附), Rhizoma Cyperi	G
<i>hé huān pí</i> (合欢皮), Cortex Albiziae	G
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	N
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	AA
<i>dà zǎo</i> (大枣), Fructus Jujubae	AA

d. (EARLY MENSES) QI DEFICIENCY

1. Signs and symptoms
 - a. Light or heavy bleeding
 - b. Pale thin blood
 - c. Tongue: pale
 - d. Pulse: weak, deep
2. Prescription:
 - a. *Gui Pi Tang*
 1. See *Essential Chinese Formulas*, p. 400

2. PATTERNS FOR DELAYED MENSES

a. (DELAYED MENSES) EXCESS COLD

1. Signs and symptoms
 - a. Light bleeding with dark blood
 - b. Lower abdominal pain relieved by warmth and aggravated by pressure
 - c. Tongue: pale
 - d. Pulse: slow, excess
2. Prescription:
 - a. *Wen Jing Tang*
 1. See *Essential Chinese Formulas*, p. 340

b. (DELAYED MENSES) DEFICIENCY COLD

1. Signs and symptoms
 - a. Light bleeding with thin, clear blood
 - b. Mild lower abdominal pain relieved by warmth and pressure
 - c. Tongue: pale
 - d. Pulse: deep, weak
2. Prescription:
 - a. Custom prescription: *Contemporary Gynecology*, Liang, p. 29
 - b. *Wen Jing Tang*
 1. See *Essential Chinese Formulas*, p. 340

c. (DELAYED MENSES) BLOOD DEFICIENCY

1. Signs and symptoms
 - a. Light bleeding with pale, thin blood
 - b. Tongue: pale
 - c. Pulse: thin
2. Prescription:
 - a. *Ren Shen Yang Ying Tang*
 1. See *Essential Chinese Formulas*, p. 542

d. (DELAYED MENSES) QI STAGNATION

1. Signs and symptoms
 - a. Purplish red blood with clots
 - b. Tongue: dark or purplish
 - c. Pulse: wiry
2. Formulas:
 - a. Custom prescription: *Contemporary Gynecology*, Liang, p. 30
 - b. *Tian Tai Wu Yao San*
 1. See *Essential Chinese Formulas*, p. 284

3. PATTERNS FOR ERRATIC MENSES (SOMETIMES EARLY, SOMETIMES LATE)

a. (ERRATIC MENSES) LIVER QI STAGNATION

1. Signs and symptoms
 - a. Alternating heavy and light bleeding, possibly with clots
 - b. Breast tenderness
 - c. Lower abdominal distension
 - d. History of PMS
 - e. Tongue: purple, dark
 - f. Pulse: wiry
2. Formula:
 - a. *Xiao Yao San*
 1. See *Essential Chinese Formulas*, p. 288

b. (ERRATIC MENSES) KIDNEY DEFICIENCY

1. Signs and symptoms

- a. Light bleeding with pale blood
- b. Sore lower back, esp. with menses
- c. Tongue
 - 1. *Yang* deficiency: pale, enlarged, moist
 - 2. *Yin* deficiency: dry, geographic, cracked
- d. Pulse: weak

2. Formulas:

- a. Custom prescription: *Contemporary Gynecology*, Liang, p. 31
- b. *Yang* deficiency
 - 1. *Jin Gui Shen Qi Wan*
 - a. See *Essential Chinese Formulas*, p. 560
 - 2. *You Gui Wan*
 - a. See *Essential Chinese Formulas*, p. 564
 - 3. *Huan Shao Wan*
 - a. See *Essential Chinese Formulas*, p. 576
 - 4. Essential Yang Formula (GF)
 - a. see (Amenorrhea) Kidney Deficiency, p. 22, above
 - 5. Epimedium 8 (SF)
 - see (Amenorrhea) Kidney Deficiency, p. 23, above
- c. *Yin* deficiency
 - 1. *Liu Wei Di Huang Wan*
 - a. See *Essential Chinese Formulas*, p. 550
 - 2. *Zuo Gui Wan*
 - a. See *Essential Chinese Formulas*, p. 554
 - 3. Nourish Essence Formula (GF)
 - a. See (Infertility) Deficiency of Kidney and Blood, p. 14, above

4. FOUNDATION FORMULA FOR ALL PATTERNS OF IRREGULAR MENSES

DING JING FANG

Dìng Jīng Fāng (定经方), “Stabilize Menses 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

Modifications:

Early, due to *yin* deficiency, add:

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

Late, due to blood stasis, choose from:

<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	K
<i>hóng huā</i> (红花), Flos Carthami	K
<i>táo rén</i> (桃仁), Semen Persicae	K
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	K
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorr.	K
<i>yù jīn</i> (郁金), Radix Curcumae	K

Qi deficiency add:

huáng qí (黄芪), Radix Astragali AA

bái zhú (白术), Rhizoma Atractylodis Macro. AA

Qi stasis, choose from:

wū yào (乌药), Radix Linderae G

xiāng fù (香附), Rhizoma Cyperi G

zhǐ ké (枳壳), Fructus Aurantii G

Blood cold, choose from:

wū yào (乌药), Radix Linderae G

ròu guì (肉桂), Cortex Cinnamomi E

wú zhū yú (吴茱萸), Fructus Evodiae E

gān jiāng (干姜), Rhizoma Zingiberis E

Blood deficiency:

ē jiāo (阿胶), Colla Corii Asini AB

Blood heat:

cè bǎi yè (侧柏叶), Cacumen Platycladi/Biotae L

5. Timing of treatment

a. Early menses

1. Treat one week prior to expected start of cycle

b. Delayed or Erratic

1. Treat one week prior to normal start, eg 25-27 days

FURTHER RESOURCES

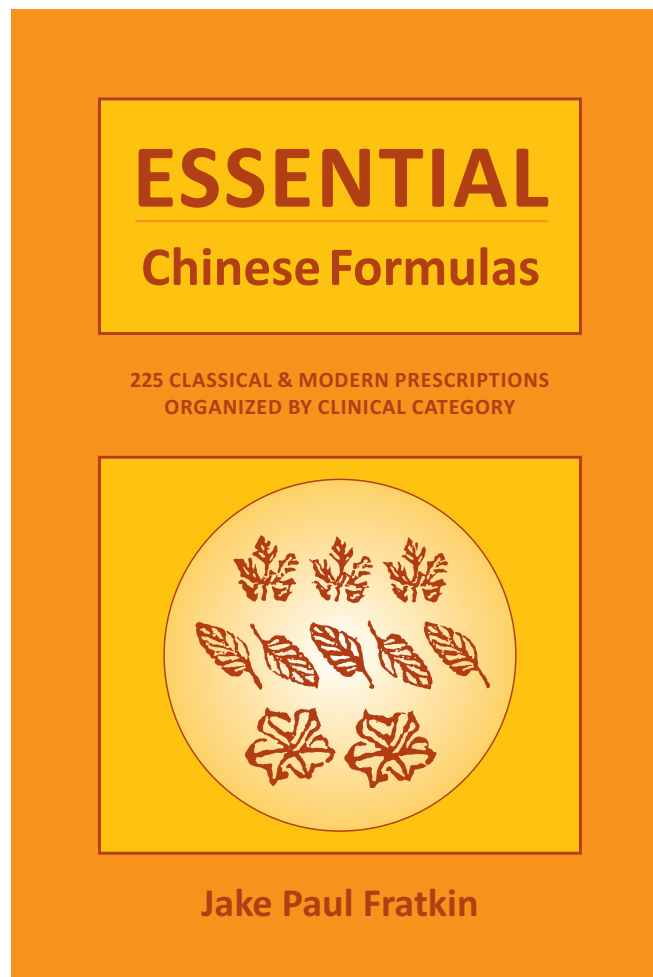
For a complete listing of herbal products by therapeutic category, see:

“WHO’S GOT WHAT”

For free download, go to: www.drjakefratkin.com/whos-got-what

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The presenter:

JAKE PAUL FRATKIN, OMD, L.Ac. trained in Korean and Japanese acupuncture since 1975, and Chinese herbal medicine since 1982, and has studied and taught *qi gong* and Yang family *Taijiquan* since 1974. He is the recipient of *Acupuncturist of the Year*, 1999, by the AAAOM and Teacher of the Year, 2006, American Association of Teachers of Acupuncture and Oriental Medicine (AATAOM). Jake lives and practices in Boulder, Colorado.

Books by Jake Paul Fratkin:

Case Studies in Autoimmune Disorders. Zeng Shengping and Jake Fratkin, People's Medical Publishing House, 2014.

Essential Chinese Formulas, 225 Classical and Modern Prescriptions Organized by Clinical Category, Shya Publications, 2014.

A Calligrapher's Yi Jing, Xinshi Harrison Tu (calligraphy) and Jake Fratkin (translations), Shya Publications, 2004.

Chinese Herbal Patent Medicines, The Clinical Desk Reference, Shya Publications, 2001.

Practical Therapeutics of Traditional Chinese Medicine, Paradigm Publications, 1997. Wu Yan and Warren Fischer, edited and organized by Jake Fratkin.

Chinese Herbal Patent Formulas, Shya Publications, 1986

A collection of various articles on TCM can be found at:

<http://drjakefratkin.com/articles>

CODE LETTERS OF HERBAL COMPANIES

BP	Blue Poppy
CC	Chinese Classics
CMS	Chinese Modular Solutions (Kn)
DrJ	Dr. Jake Fratkin's Herbal Formulas
EG	"Standardized" extract granules or capsules from Taiwan and China: Acuherb, E-Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC, Legendary, Mintong, Nong's, Qualiherb, Sunten, etc.
EV	Evergreen
GC	Guang Ci Tang (Active Herb)
GF	Golden Flower
HC	Health Concerns
HS	Honso
HT	Herbal Times (Nuherbs)
K	Kan Herbals and Traditionals
KPC	Kaiser Pharmaceutical (Taiwan)
MS	Minshan (China)
PF	Plum Flower (Mayway)
PM	Patent Medicine (various manufacturers, China)
PX	Panaxea
SF	Seven Forest (Institute of Traditional Medicine)
TL	Tanglong (China)
WT	White Tiger (Institute of Traditional Medicine)

CODE LETTERS FOR THE HERBAL 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)