

# SHULAN CLINIC – ACUPUNCTURE • CHINESE HERBAL MEDICINE

514 Parris wood Rd, Didsbury, Manchester, M20 5QA , Tel: 0161 445 4656 Mobile: 07766 165 608

## Dysmenorrhoea and TCM – by Prof. Shulan Tang

*“Dysmenorrhoea is also known as period pain and is a common problem among women”.*

The main symptom of dysmenorrhoea is lower abdominal pain before, during or after menstruation. In severe cases, the lower abdominal pain is accompanied by nausea, vomiting and tiredness. For some women, this can be so severe that they have to stay off work for a couple of days each month.

In terms of TCM, the causes of dysmenorrhoea are related to stagnation of Qi and blood in the uterus, retention of cold-damp, damp-heat in the liver channel and deficiency of Qi and blood which deprives the collateral of the uterus of nourishment. In all these cases, retarded circulation of Qi and blood in the uterus is produced.

### Differentiation and Treatment:

#### 1. Stagnation of Qi and blood

Clinical manifestations include pre-menstrual or menstrual lower abdominal distending pain with paroxysmal aggravation, small or large amounts of purplish-red flow with clots. Also, alleviation of the pain after the discharge of clots, a feeling of suffocation, restlessness, distending pain in the breasts, a purple tongue or purple spots on the border of the tongue and a wiry pulse.

##### Treatment method:

To regulate Qi, activate blood circulation, dispel blood stasis and relieve pain.

##### Chinese herbal formulae:

Tong Jing Wan, Yue Yue Shu Chong Ji

##### Acupuncture points:

Qihai, Taichong, Tianshu

#### 2. Retention of cold-damp:

Clinical manifestations include a cold sensation and pain or colicky

pain in the lower abdomen during the pre-menstrual and menstrual periods. The menstrual cycle is prolonged with small amounts of dark-purple flow with clots and backache. There is also aversion to cold, loose stools, a white, sticky tongue coating and a deep tense pulse.

##### Treatment method:

To warm the channel, disperse cold, correct blood stasis and relieve pain.

##### Chinese herbal formulae:

Gui Zhi Fu Ling Wan

##### Acupuncture points:

Zusanli, Zhongli, Fenglong with moxibustion

#### 3. Damp-heat in the Liver channel:

Clinical manifestations include menstrual distending pain or pulling pain in the lower abdomen. The menstrual cycle is shortened or prolonged with small or large amounts of sticky, purplish-red flow with clots, irritability, thirst, poor appetite, scanty and yellow urine, a red tongue with yellowish-white and sticky coating and a thready, wiry and rapid pulse.

##### Treatment method:

To regulate the function of the liver in maintaining free flow of Qi and to eliminate damp-heat.

##### Chinese herbal formulae:

Jia Wei Xiao Yao Wan, Jin Ju Di Dan Wan, Shen Ling Bai Zhu Wan.

##### Acupuncture points:

Taichong, Xuehai, Xingjian

#### 4. Deficiency of Qi and blood:

Clinical manifestations include menstrual or premenstrual lower abdominal pain of a full, lingering or bearing-down nature, which may be alleviated by pressure.



Chinese Herb – Yi Mu Cao (*Leonurus Sibiricus*)