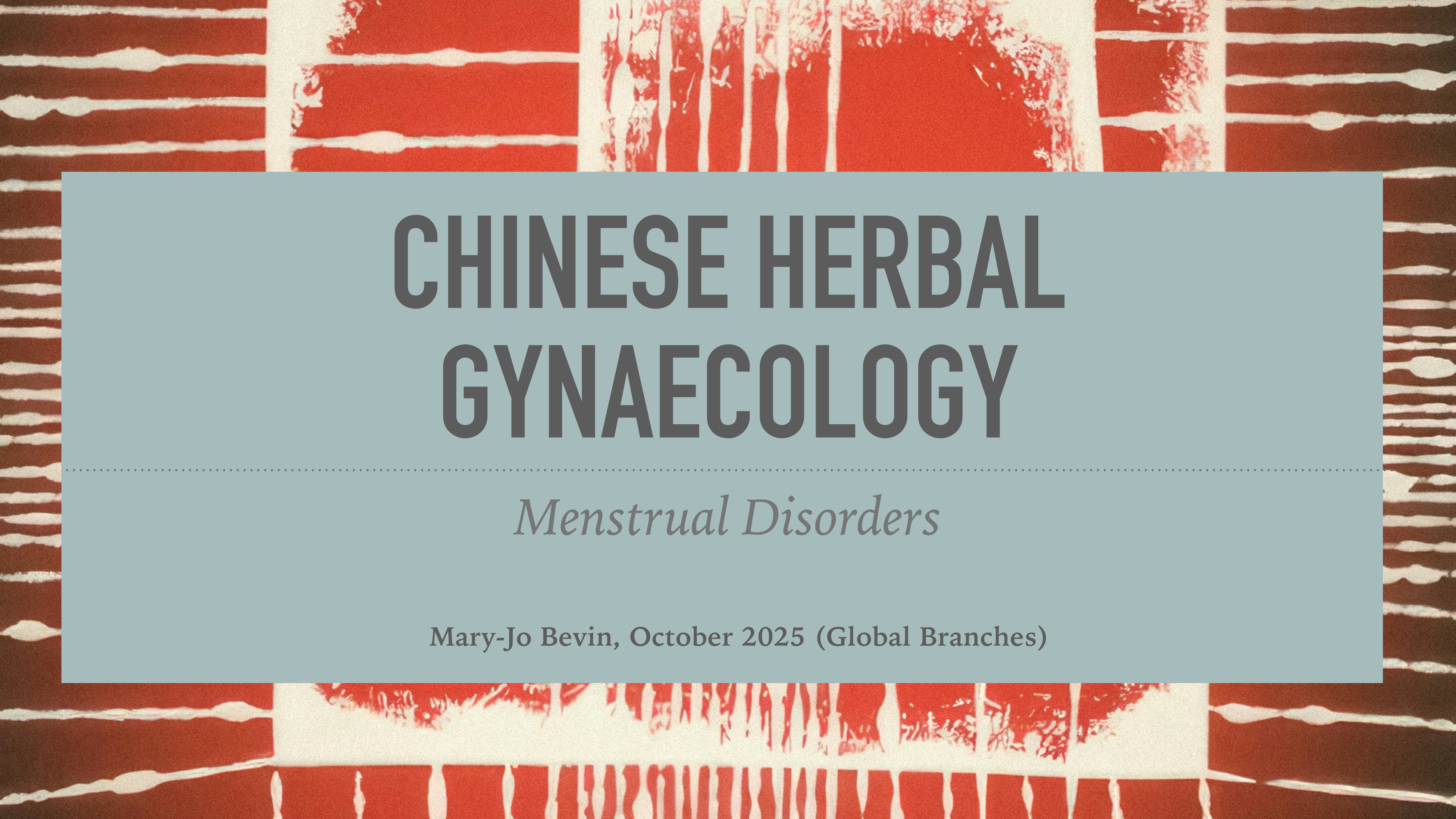




CHINESE HERBAL GYNAECOLOGY

Menstrual Disorders

Mary-Jo Bevin, October 2025 (Global Branches)

WHAT WE'LL COVER TODAY

Physiology of menstruation - Western & Chinese medicine

Gathering the data - questions to ask & interpreting the answers

Herbal treatment of:

- Amenorrhea, light periods, late cycles
- Irregular periods, PCOS
- Dysmenorrhea, endometriosis
- Heavy periods, early periods, fibroids
- PMS - fluid retention, moods, headaches
- Fertility basics



GRATITUDE TO MY TEACHER

Steven Clavey

Studied in Taiwan and Hangzhou, teachers including Qiu Xiaomei, Song family lineage.

Specialised in gynaecology & obstetrics

Keep within Chinese Medicine framework, protect digestion, herbal processing for increased specificity.



ABOUT ME

Research Science background

Studied Chinese Medicine at RMIT

Four Gates Chinese Medicine
(all facets of women's health)

Presenting and mentoring



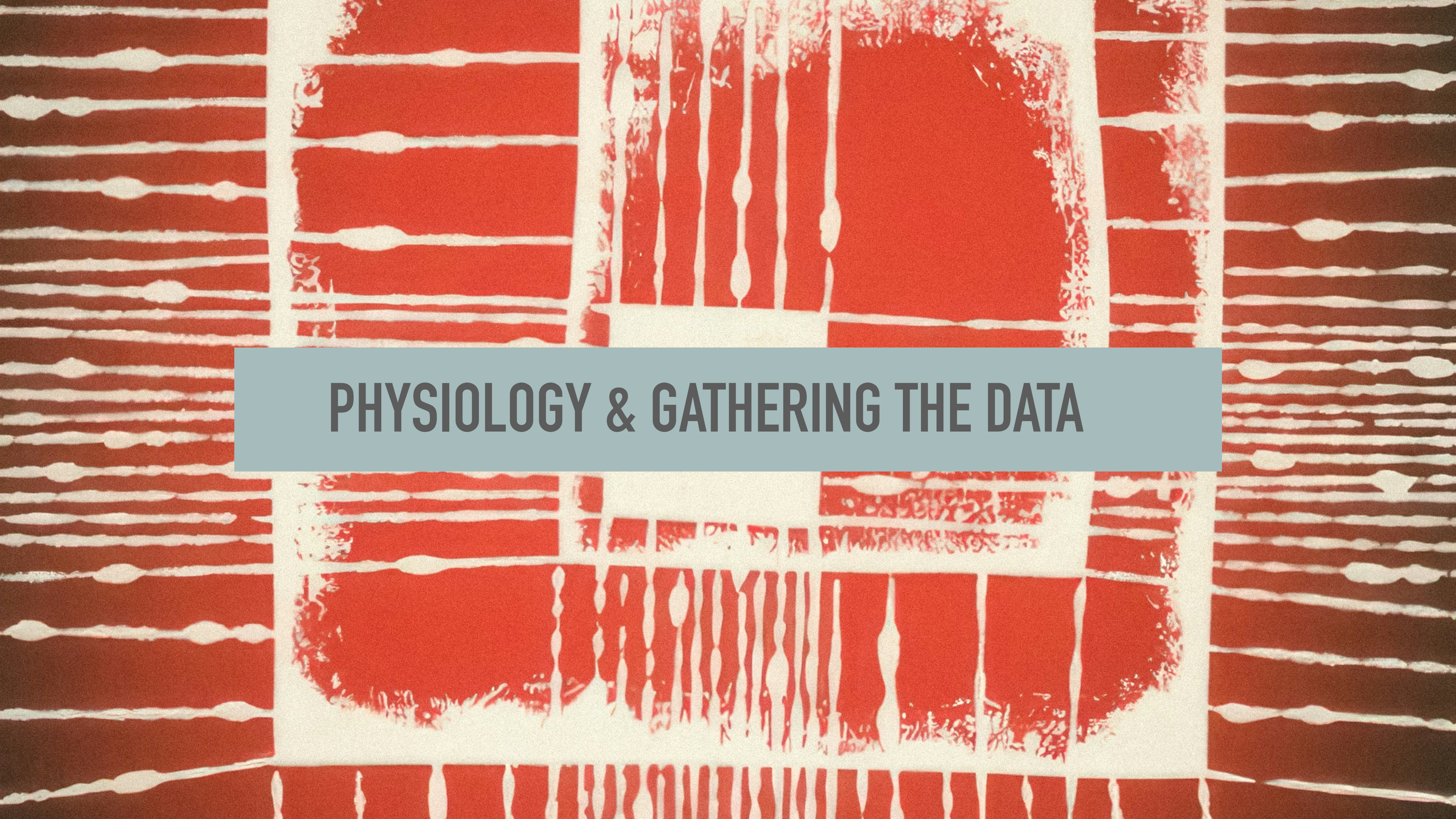
ALL ABOUT HERBS

“Herbs only work if you take them”

Many options - raw herbal decoctions, powdered or granulated herbs, tinctures, capsules, pills

Consider: potency, flexibility, compliance

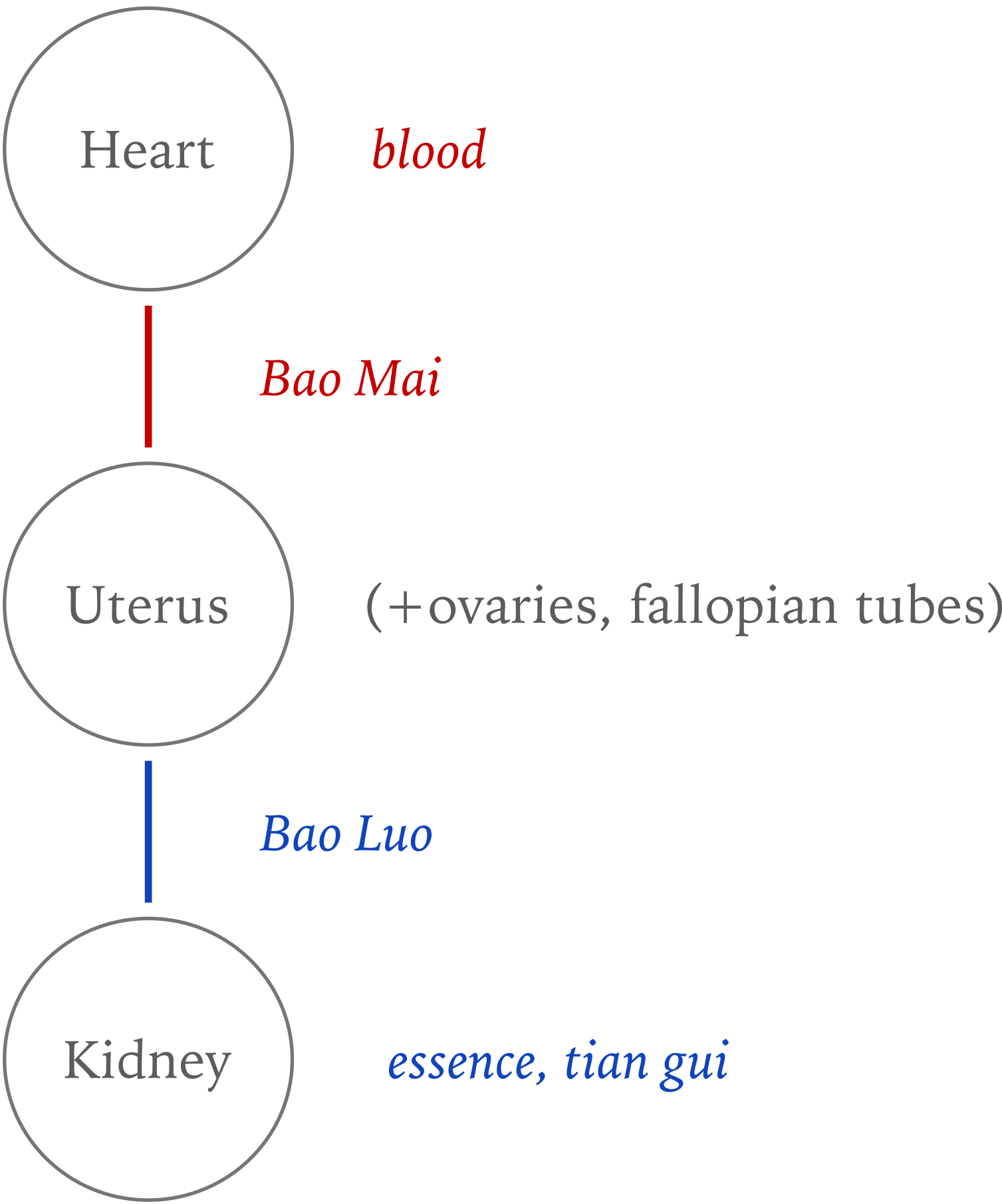
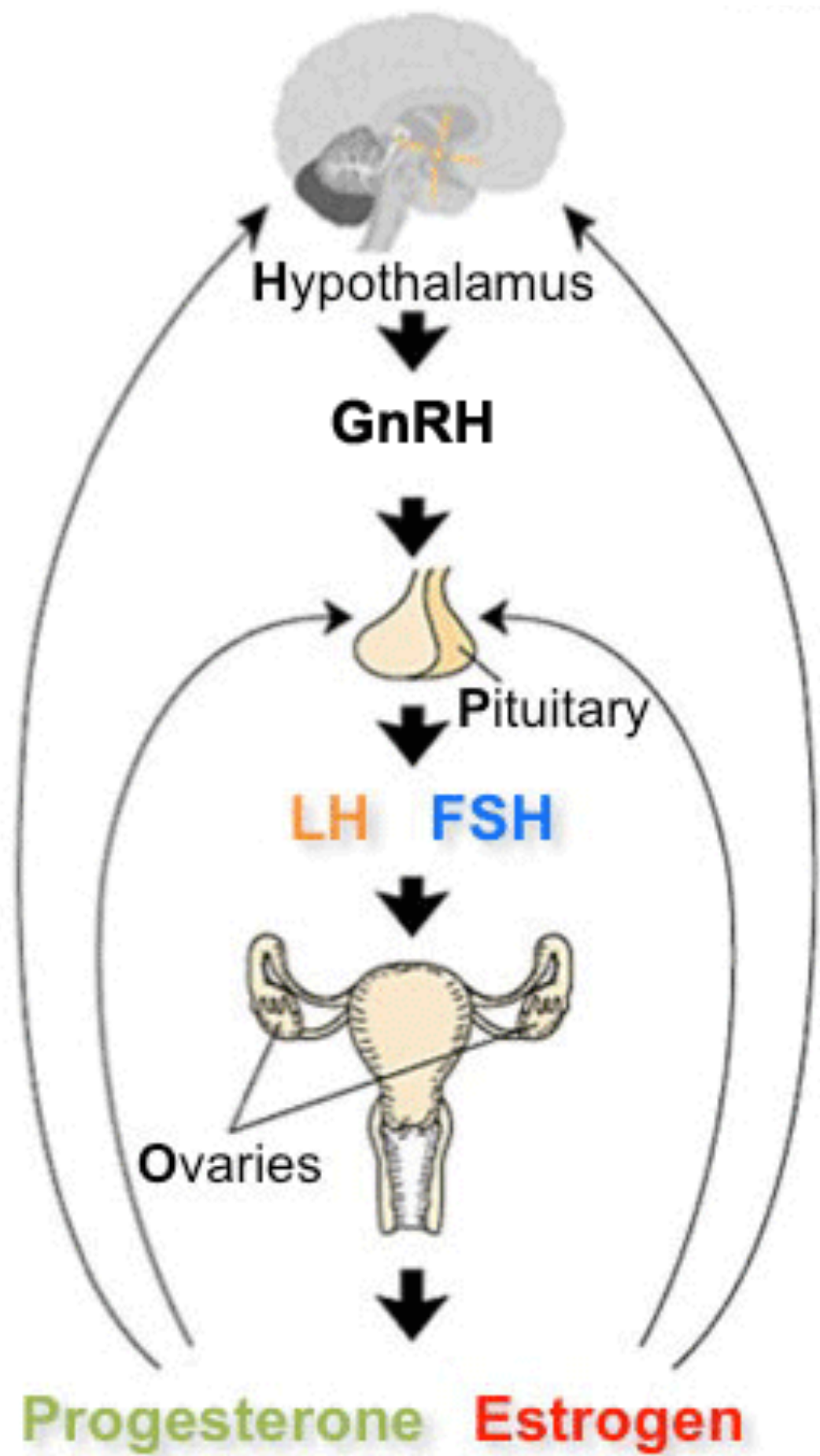
Doses given for raw herb decoctions, with 1 bag lasting 2-3 days.



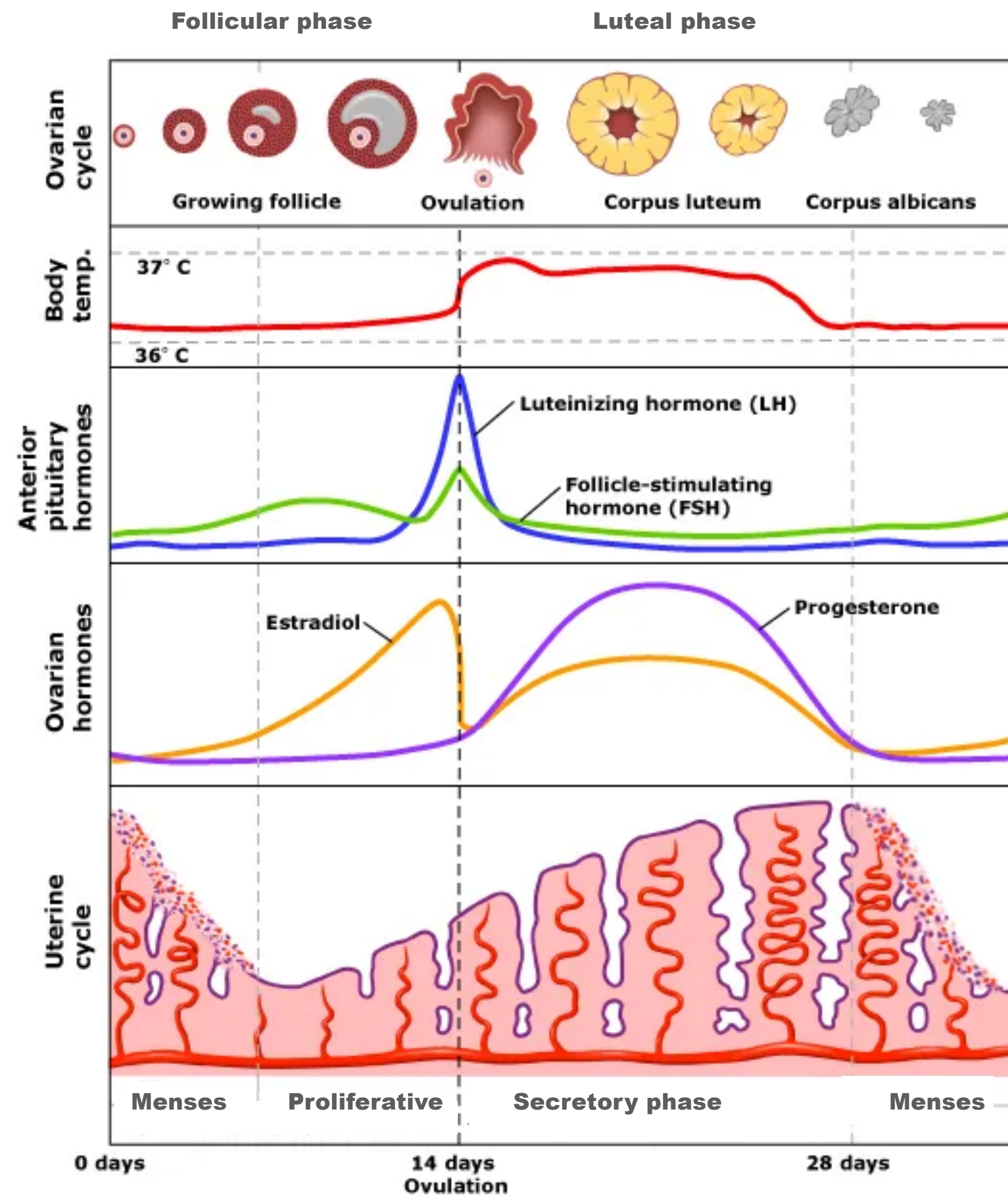
PHYSIOLOGY & GATHERING THE DATA

THE HPO AXIS & HEART-KIDNEY COMMUNICATION

Hypothalamic-pituitary-ovarian axis



THE MENSTRUAL CYCLE



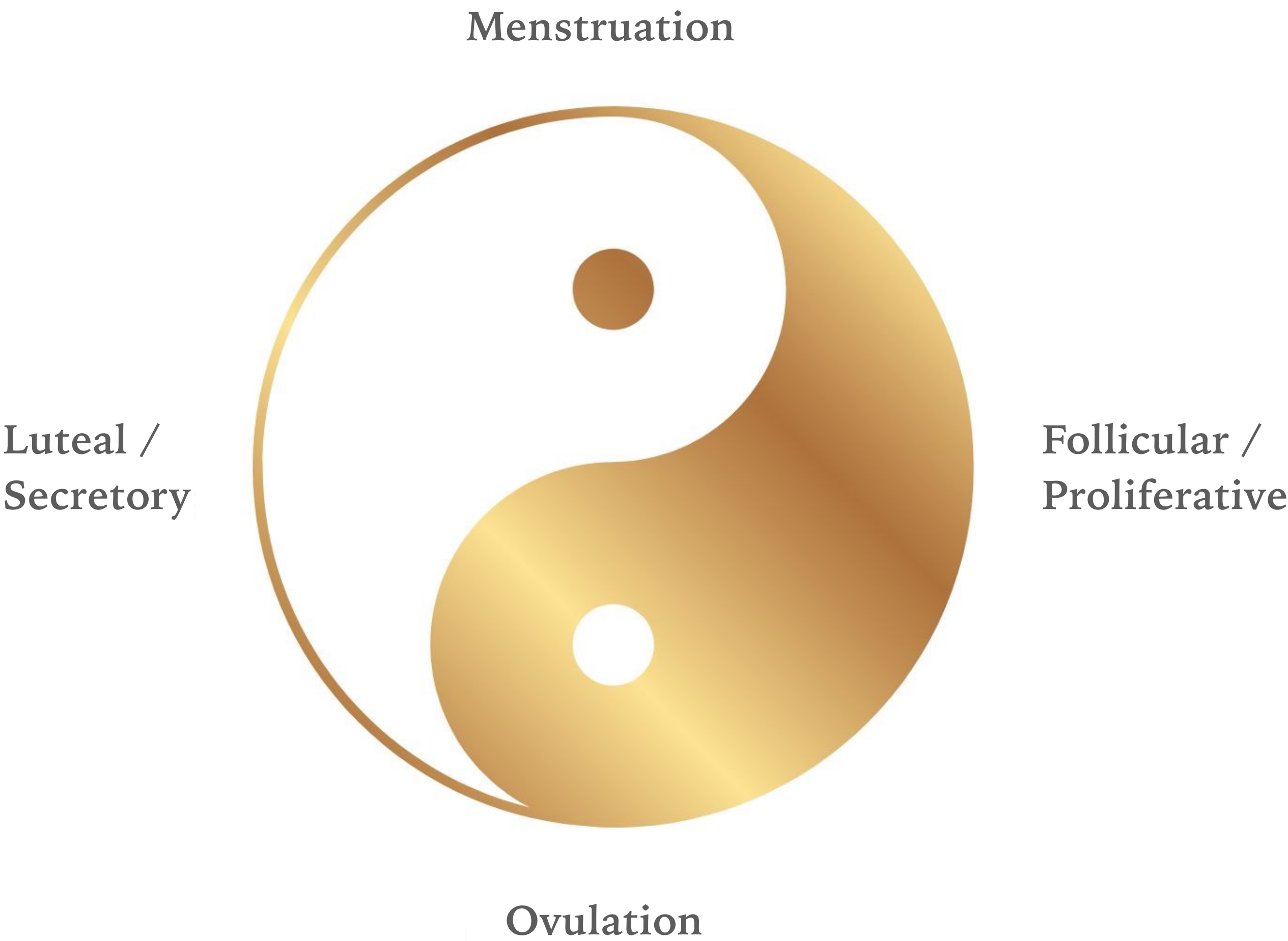
Ovarian cycle

- Follicular phase
- Ovulation
- Luteal phase

Endometrial cycle

- Proliferative phase
- Secretory phase
- Menstruation

THE MENSTRUAL CYCLE – CHINESE MEDICINE LENS



MENSTRUAL PHYSIOLOGY IN CHINESE MEDICINE



“Blood is the mainstay of women’s physiology...”

Qi <—> Blood

Cold coagulates blood, damp blocks lower jiao, heat speeds circulation

Kidney governs essence & reproduction

Liver stores blood & circulates qi

Spleen produces qi & blood, and holds it in vessels

Heart controls blood

Chong Mai - sea of blood

- Ren Mai - sea of Yin
- Du Mai - sea of Yang



GATHERING THE INFORMATION

“Your period is like a monthly report card”

No such thing as TMI

Specific, quantifiable data = tracking progress for patient and practitioner.

Length of cycle, length of bleed

Menstruation - colour, consistency, amount

Pain, pre-menstrual symptoms

HOW MANY DAYS IS THE CYCLE?

Short cycle / early (< 25 days)

Heat in the blood (excess, Yin deficiency, or from constraint), qi deficiency

Long cycle / late (> 35 days)

Blood deficiency, cold (excess or Yang deficiency), blood stasis

Irregular (sometimes early, sometimes late)

Liver qi stagnation, blood stasis, Kidney deficiency

Absent (amenorrhea)

Qi & blood deficiency, Kidney deficiency, qi & blood stasis, phlegm damp

HOW MANY DAYS DOES THE PERIOD LAST?

Short (< 3 days)

Blood deficiency, Kidney deficiency, blood stasis, phlegm damp

Long (> 7 days)

Blood stasis, heat in the blood (from Yin deficiency)

Any spotting at the start or end?

Midcycle bleeding?

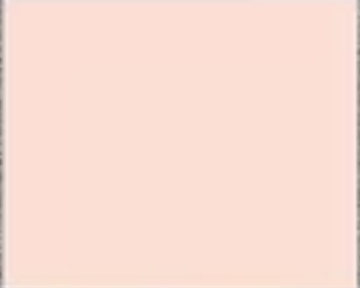
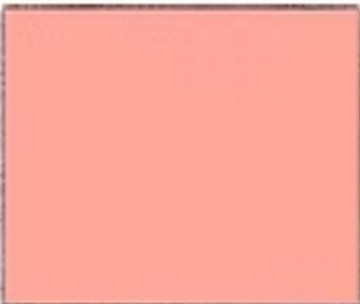
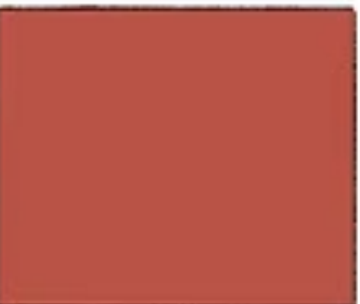
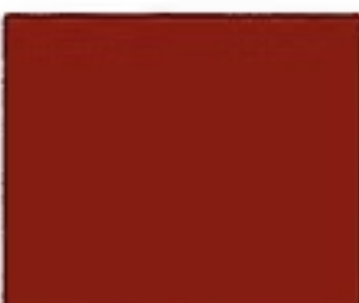
HOW HEAVY IS THE FLOW?

Light / scanty flow (changing only 1-2 times per day)

Blood deficiency, Kidney deficiency, cold in uterus, phlegm-damp, blood stasis

Heavy flow (changing less than every 2 hours)

Blood heat (excess or from Yin deficiency), qi deficiency, blood stasis

 PERIOD Time of the month	 PERIOD On the rag	 PERIOD Moon time	 PERIOD Business	 PERIOD Aunt Flo is coming
 PERIOD Monthly friend	 PERIOD On the blob	 PERIOD Vampire Buffet	 PERIOD Monthly oil change	 PERIOD Having the painters in
 PERIOD Mother Nature's gift	 PERIOD Kitty's got a nosebleed	 PERIOD Ketchup dragon	 PERIOD Strawberry week	 PERIOD Joining the red cross
 PERIOD Big red bus	 PERIOD Red wedding	 PERIOD Code red	 PERIOD Riding the crimson wave	 PERIOD Shark week
 PERIOD Flying the red flag	 PERIOD The tomato has come	 PERIOD Red badge of courage	 PERIOD Bloody Mary	 PERIOD Red hurricane
 PERIOD Riding the cotton pony	 PERIOD The flood	 PERIOD I have guests	 PERIOD Monthly party	 PERIOD David

WHAT COLOUR IS THE BLOOD?

Pale red / pinkish

Blood deficiency, yang deficiency & cold, yin deficiency

Brownish

Qi deficiency, phlegm-damp, deficiency cold

Bright /dark red

Blood heat (thick - excess heat, watery - def. heat)

Dark purple-red

Qi stagnation, excess heat, blood stasis

Purple / black

Blood stasis, excess cold

CONSISTENCY & CLOTTING

Thin / watery

Blood deficiency, Yin deficiency, Kidney deficiency (watery)

Thick / viscous

Excess heat/cold, damp, qi stagnation, blood stasis

Clotting

Small clots - qi (or cold) stagnation

Large, dark clots - blood stasis

Fresher red clots - blood heat

Mucus in blood - damp phlegm



IS THERE PAIN WITH THE PERIOD?

What is the pain like?

What makes it better / worse?

Where is it located?

When does it happen?

PAIN – WHAT IS IT LIKE?

Excess / stagnation

Sharp & stabbing - blood stasis

Distending - qi stagnation

Tightness, spasming, cramping - cold

Deficiency / lack of resources

Dull & achy - deficiency (blood, qi, Kidney)

Heavy, dragging - Spleen qi sinking, damp

Burning pain - heat / inflammation

Icy pain - cold

WHAT MAKES THE PAIN BETTER (OR WORSE?)

Deficiency:

- Rest
- Pressure
- Heat **

Excess:

- Movement

....Or worse?

Stress, bowel involvement, intercourse

PAIN – WHERE IS IT LOCATED?

Lower abdomen - fixed or diffuse?

Localised fixed point - more blood stasis

Diffuse over whole abdomen - more qi stagnation

Right side - qi stagnation, cysts, inflamed tubes, constipation

Left side - blood stasis, bowel involvement

Radiates to lower back - Kidney deficiency

Radiates down legs - Kidney deficiency, dampness, or constipation

Into vagina or rectum - qi & blood stasis

PAIN – WHEN DOES IT HAPPEN / TIMING?

Before the period, **relieved** once flow starts - qi stagnation

Before and during the period - cold stagnation

Before period and **worse** once flow starts - more blood stasis

At the **end of the period** - depletion (blood, qi, Liver & Kidneys)

Mid-cycle / mittelschmerz - damp, qi stagnation or cysts

All month long - suspect endometriosis or adhesions

PRE-MENSTRUAL ISSUES?

Fluid retention / bloating

Tender or lumpy breasts

Moods - depression, irritability, PMDD

Headaches / migraines

Digestive / bowel changes

Skin breakouts

Night sweats / insomnia

Discharge, thrush

A hand holding a magnifying glass over a path in a forest with autumn foliage. The magnifying glass shows a closer view of the path and the colorful trees.

MORE INFORMATION

Age at menarche?

Any procedures?

Any Western diagnosis?

Medications?

Any pregnancies, births? Breastfeeding?

+ Pulse, tongue, and all the other
information we gather.



TREATING ROOT VS BRANCH

Root - underlying depletion

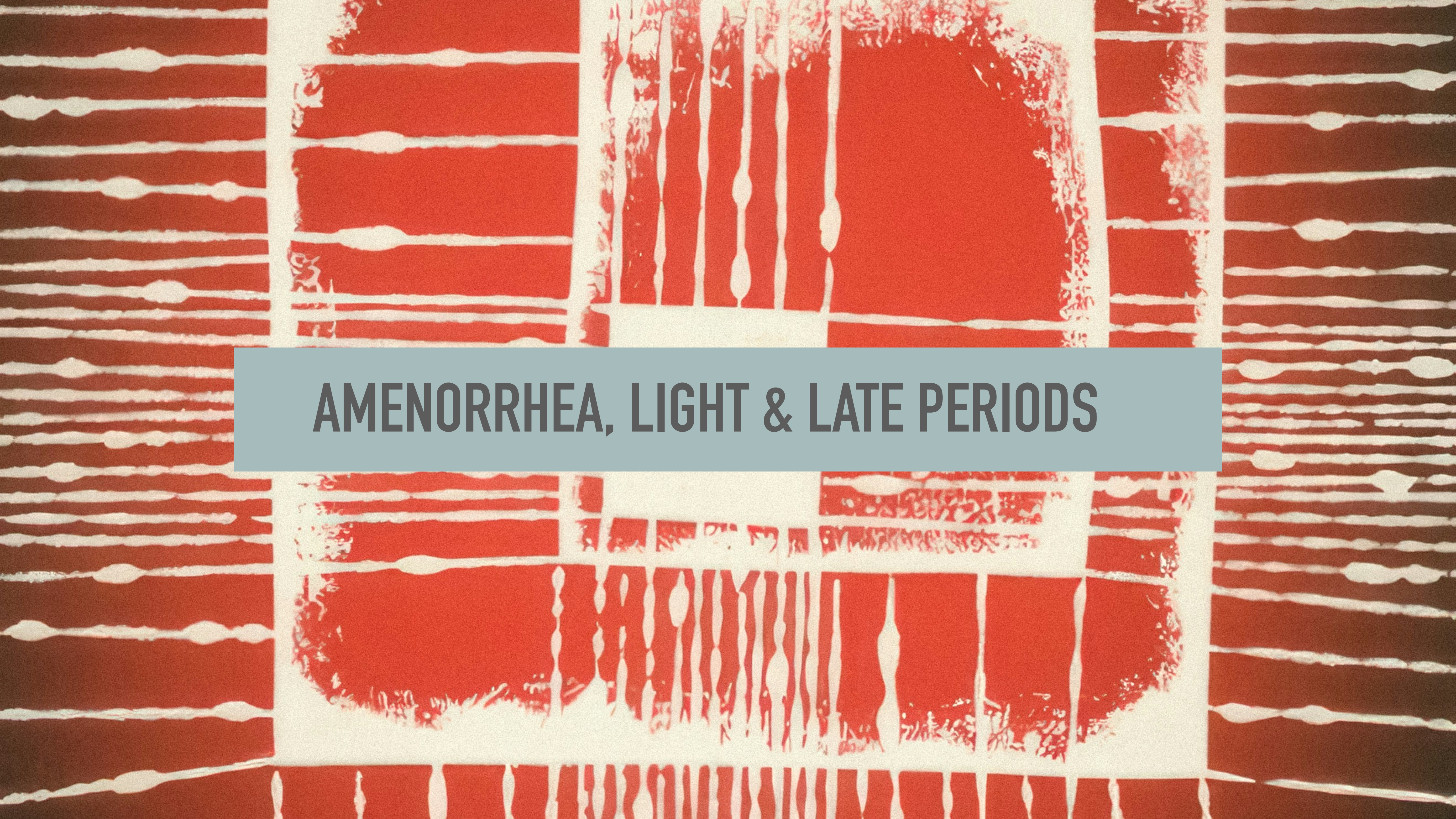
Branch - accumulation - qi, blood, cold, heat, damp

Ideally we treat both:

Clear accumulation / blockage, symptom relief (pain, heavy bleeding)

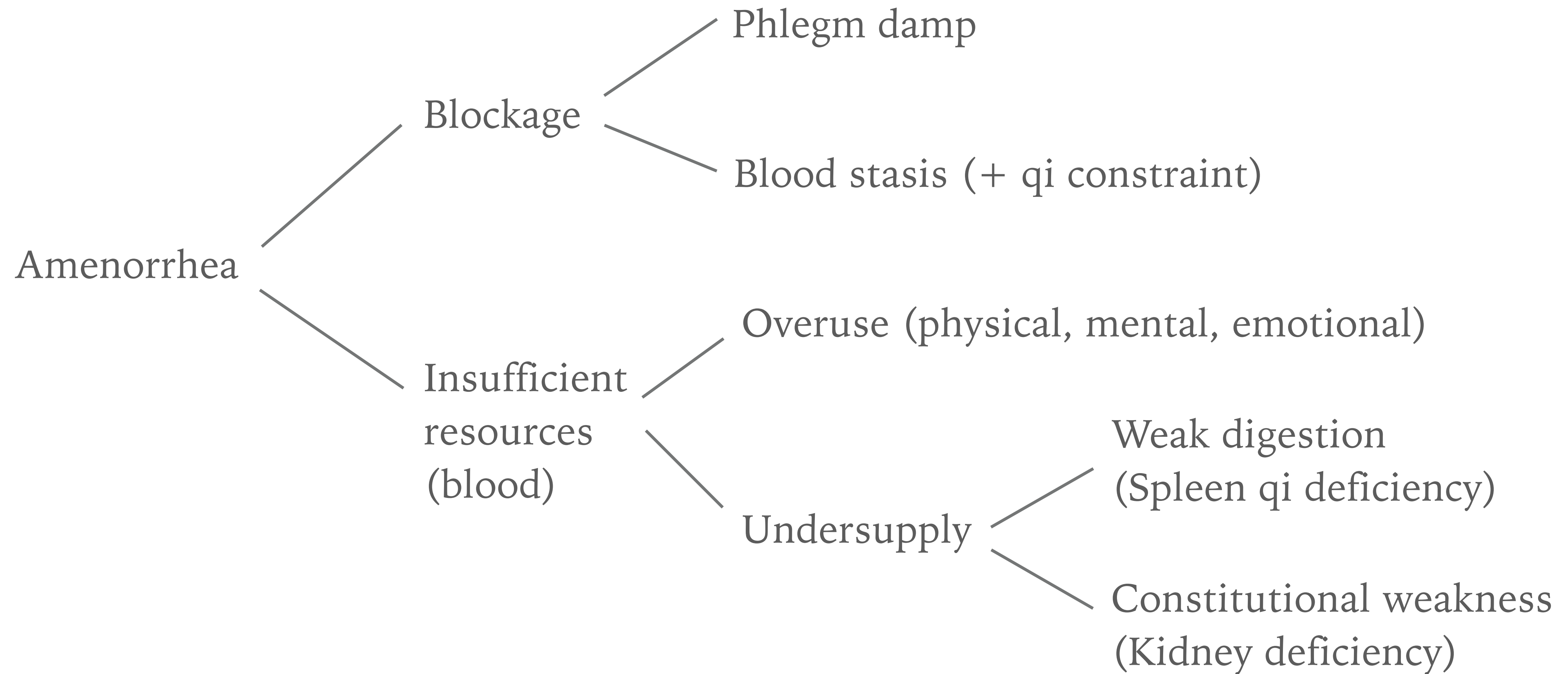
+

Address underlying deficiency - Kidney (yin /yang), Spleen, or blood.



AMENORRHEA, LIGHT & LATE PERIODS

AMENORRHEA (& LIGHT PERIODS, LATE PERIODS)



“

The period is a luxury - survival comes first,
and the period is what the body can spare.

-Steven Clavey

AMENORRHEA (& LIGHT PERIODS, LONG CYCLES) – BLOCKED FLOW

Phlegm dampness - light brownish flow + discharge, cysts, nausea, fatigue, pale coated tongue

Blood stasis - history of dark clotted periods with pain + tight chest, lower abdominal pain, irritability, purplish tongue or sublingual veins

Qi constraint - history of red/dark periods with small clots, pre-menstrual pain, mood changes, bloating, stress

AMENORRHEA – PHLEGM DAMP BLOCKAGE

Cang Fu Dao Tan Tang - Resolve phlegm dampness

Cang Zhu 12g

Xiang Fu 12g

Bai Zhu 12g

Ban Xia 12g

Chen Pi 6g

Fu Ling 12g

Gan Cao 3g

Dan Nan Xing 3g

Zhi Ke 12g

Modifications:

+ *Chuan Xiong 10g, Dang Gui 12g* - regulate blood

+ *Zao Jiao Ci 10g, Dan Shen 15g* - promote ovulation

+ *Wu Yao 12g* - warm Kidney, move qi (late periods)

Patents: *Cang Fu Dao Tan Tang*, *Er Chen Tang*, *Ping Wei San*

AMENORRHEA – BLOOD STASIS, QI CONSTRAINT

Clear blood stasis

Shao Fu Zhu Yu Tang, Tiao Jing Wan

Warm uterus, tonify blood and clear stasis

Wen Jing Tang

Regulate Liver qi

Jia Wei Xiao Yao San

AMENORRHEA (& LIGHT PERIODS, LONG CYCLES) – INSUFFICIENCY

Qi & blood deficiency - light period, long cycles or amenorrhea, pale flow, dull ache at end of period + palpitations, poor appetite, hair loss

Kidney Yin & Liver blood deficiency - light flow, late menarche + thirst, blurred vision, night sweats, achy back

AMENORRHEA (& LIGHT PERIODS, LONG CYCLES) – INSUFFICIENCY

Strengthen Spleen qi & build blood

Ba Zhen Tang, Gui Pi Tang, Ren Shen Yang Rong Tang

+ *Mai Men Dong*, *He Shou Wu* (thicken lining)

Nourish Kidney Yin & Liver blood

Gui Shao Di Huang Wan, Liu Wei Di Huang Wan

Once blood is restored, use Zi Jin Dan to nudge period, or alternate between blood-nourishing & moving to re-establish cycle.

IRREGULAR CYCLES

Periods vary - over 5 days late or early

Stress / Liver qi constraint - stop-start flow, tiny clots, pre-menstrual bloating, tender breasts

Jia Wei Xiao Yao San (+ Xiang Fu)

Weak digestion causing blood deficiency and qi stagnation - light or brownish flow

Zi Jin Dan

Kidney deficiency (Yin or Yang) - watery flow, lower back pain

Zhi Bai Di Huang Wan, You Gui Wan

Blood stasis - darker blood or spotting, clotting, pain

Tiao Jing Wan, Tao Hong Si Wu Tang

ZI JIN DAN

Zi Jin Dan - Bamboo Forest formula for irregular periods

Qing Pi 10g

Chen Pi 10g

Cang Zhu 12g

Bing Lang 10g

Sha Ren 6g

Chi Xiao Dou 15g

Gao Liang Jiang 12g

Wu Yao 12g

Xiang Fu 12g

San Leng 10g

E Zhu 10g

Zhi Ke 12g

Modifications:

+ *Zao Jiao Ci 10g, Dan Shen 15g* - promote ovulation

+ *Mai Men Dong 12g* - nourish Yin (if deficient)

- *Bing Lang* (if loose bowels)

POLYCYSTIC OVARY SYNDROME (PCOS)

Enlarged ovaries with many small cysts, thickened ovarian capsule —> anovulatory cycles: prolonged, irregular or absent periods

PCOS - hormonal and metabolic disorder with insulin resistance and elevated testosterone —> weight gain, acne, hirsutism (vs PCO - cysts on ovaries)

Treat as for amenorrhea / late / irregular cycles, with emphasis on:

- Clearing phlegm damp
- Herbs for cysts
- Supporting digestion
- Tonifying Kidneys

TREATING PCOS

Clear phlegm damp - Cang Fu Dao Tan Tang

Regulate Spleen, qi & blood - Zi Jin Dan

Tonify Kidneys - Zou Gui Wan

Herbs for cysts:

Zao Jiao Ci

Mai Ya

Qing Pi

Lu Lu Tong

Wang Bu Liu Xing (blood stasis)



Zao Jiao Ci

LATE PERIODS (PROLONGED CYCLE)

Can be due to blood deficiency, qi or phlegm stagnation, or cold.

Deficiency cold - late periods with brownish dark blood, lower back ache, heat essential for relieving pain, pale tongue

Da Ying Jian- nourish blood, tonify kidney Yang

Shu Di Huang 12g

Gou Qi Zi 12g

Dang Gui 10g

Zhi Gan Cao 6g

Niu Xi 10g

Rou Gui 6g

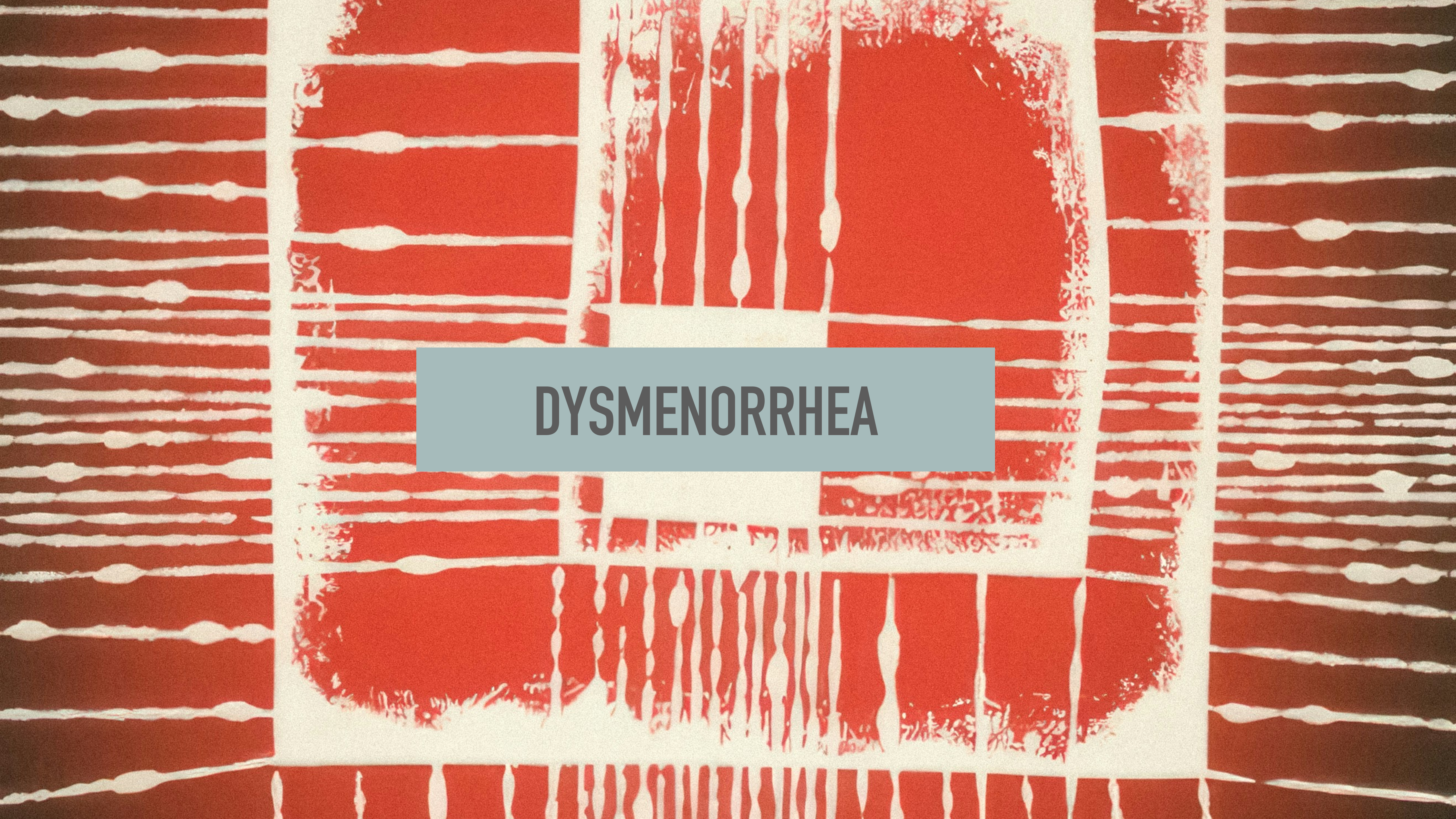
Modifications:

+ *Ba Ji Tian 12g, Du Zhong 12g* - tonify Kidney Yang

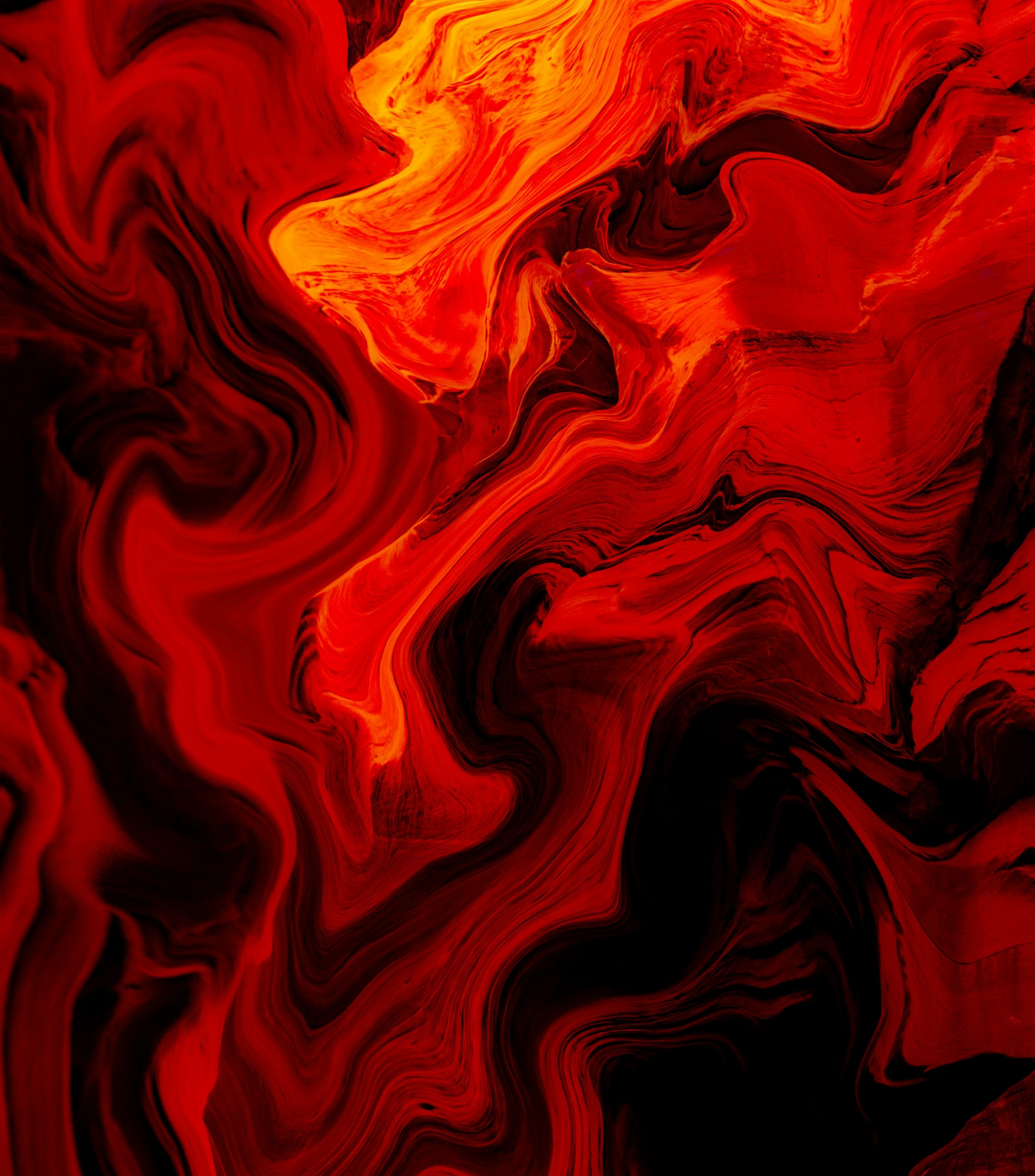
+ *Wu Yao 12g* - warm Kidney, move qi

+ *Xiang Fu 12g, Zao Jiao Ci 10g* - promote ovulation

Patents: *You Gui Wan*, *Wen Jing Tang*

The background is a complex, abstract pattern of red and white. It features horizontal and vertical wavy lines, some of which are thicker and more prominent than others, creating a textured, almost woven appearance. A solid teal rectangle is centered horizontally and vertically, serving as a backdrop for the text.

DYSMENORRHEA



DYSMENORRHEA

“If there is no free flow, there is pain. If there is free flow, there is no pain.”

Is the pain due to blockage, or lack of resources (or both)?

“One bit of pain equals one bit of blood stasis”

Must treat the branch (clear stasis, relieve pain), and address underlying deficiency.

Endometriosis?



HERBS THAT RELIEVE MENSTRUAL PAIN

Invigorate blood, ease pain

Yan Hu Suo, Wu Ling Zhi

Nourish & invigorate blood, ease pain

Dang Gui, Chuan Xiong

Invigorate blood, clear stasis

Tao Ren, Hong Hua

Nourish blood, unblock collaterals

Ji Xue Teng

Cool blood, clear stasis

Mu Dan Pi, Chi Shao



Rou Gui

MORE HERBS FOR MENSTRUAL PAIN

Regulate qi & ease pain

Xiang Fu, Wu Yao, Chuan Lian Zi

Calm shen & ease pain

Mei Gui Hua, He Huan Pi

Clear cold & ease pain

Rou Gui, Xiao Hui Xiang

Tonify Kidneys & ease pain

Xu Duan

DYSMENORRHEA – BLOCKAGE TO FLOW

Qi & blood stagnation - severe pain (constant dull ache, builds to sharp pain when clots passing), thick blood, darker colour, lots of clotting

Cold damp congeals blood - cold pain in abdomen & lower back, much better with heat

Cold, blood deficiency and stasis - cold pain, better with heat and pressure, scant flow and clots

CLOTTING



Yi Mu Cao

Clotting is a major indicator of blood stasis, causes pain, irregular cycles, heavy bleeding.

Clotting not always obvious - look for dark congested sublingual veins, spider veins, and other stasis signs.

Yi Mu Cao - invigorates blood, clears stasis from uterus, regulates menses

San Qi / Tien Chi - dissolves blood stasis, moderates heavy flow

DYSMENORRHEA – CLEAR STASIS & RELIEVE PAIN

Tiao Jing Wan (mod) - regulate menses & clear clotting

Shu Di Huang 12g

Dang Gui 12g

Chi Shao 12g

Chuan Xiong 10g

Tao Ren 10g

Hong Hua 6g

Yi Mu Cao 12g

Xiang Fu 12g

Dan Shen 12g

Ji Xue Teng 15g

Gan Cao 3g

Modifications:

+ *Yan Hu Suo, Wu Ling Zhi* - if pain

+ *San Qi, Pu Huang, Ou Jie* - heavy bleeding (remove *Tao Ren, Hong Hua*)

+ *Niu Xi, San Leng, E Zhu* - if deeper stasis (endometriosis, adhesions)

+ *Xu Duan, Lu Jiao Shuang* - if Kidney deficiency

Patent - *Tao Hong Si Wu Tang*

DYSMENORRHEA – CLEAR STASIS & RELIEVE PAIN

Shi Xiao San - invigorate blood, clear stasis & accumulations, ease pain

Wu Ling Zhi 12g

Pu Huang 12g

Tong Jing Wan - invigorate blood, clear stasis, regulate menses, relieve pain

Shao Fu Zhu Yu Tang - invigorate blood, clear stasis, regulate menses, warm & ease pain

DYSMENORRHEA – WARM UTERUS, NOURISH BLOOD & CLEAR STASIS

Wen Jing Tang - warm uterus, tonify blood and clear stasis

*Wu Zhu Yu 3g**

Gui Zhi 10g

Dang Gui 12g

Chuan Xiong 10g

Bai Shao 12g

E Jiao 10g

Mai Men Dong 12g

Mu Dan Pi 10g

Ren Shen 8g

Gan Cao 6g

Ban Xia 6g

Sheng Jiang

Modifications:

+ *Yan Hu Suo, Wu Ling Zhi* - for pain

+ *Xiang Fu* - pain from qi stagnation

+ *Xu Duan, Du Zhong* - back pain from Kidney deficiency

Patent - Wen Jing Tang

DYSMENORRHEA – LACKING RESOURCES

Qi & blood deficiency - thin scanty brownish/ pale flow, constant dull ache, worse when tired, better with pressure

Qi sinking - dragging pain (like uterus falling out)

Liver & Kidney (yin) deficiency - thin scanty brownish or pale flow, constant dull ache, more severe than just qi/blood deficiency

DYSMENORRHEA – TONIFY QI & BLOOD

Ba Zhen Tang - tonify qi & blood and relieve pain

Bu Zhong Yi Qi Tang - tonify and lift qi

Modifications:

- + *Yan Hu Suo, Ji Xue Teng* - relieve pain
- + *Xiang Fu* - pain from qi stagnation
- + *Sang Ji Sheng, Xu Duan, Du Zhong* - back pain from KI def

DYSMENORRHEA – LIVER & KIDNEY DEFICIENCY

Tiao Gan Tang - Tonify LR & KI, relieve pain

Dang Gui 12g

Bai Shao 12g

Shan Yao 12g

Shan Zhu Yu 10g

Ba Ji Tian 10g

E Jiao 10g (or Gou Qi Zi 10g)

Zhi Gan Cao 3g

Modifications:

+ *Yan Hu Suo, Wu Ling Zhi* - relieve pain

+ *Xiang Fu* - pain from qi stagnation

+ *Sang Ji Sheng, Xu Duan, Du Zhong* - KI def back pain

Patents - *Gui Shao Di Huang Wan*, *Zuo Gui Wan*

ENDOMETRIOSIS

Endometrial tissue outside the uterus in the pelvic cavity - ovaries, tubes, bowel, bladder, pouch of Douglas

Adenomyosis - endometrial tissue growing in myometrium

Can be superficial, deep, or endometrioma

Pain severity $\neq$ disease severity

Key symptoms: pelvic pain, dyspareunia, bowel involvement, and infertility

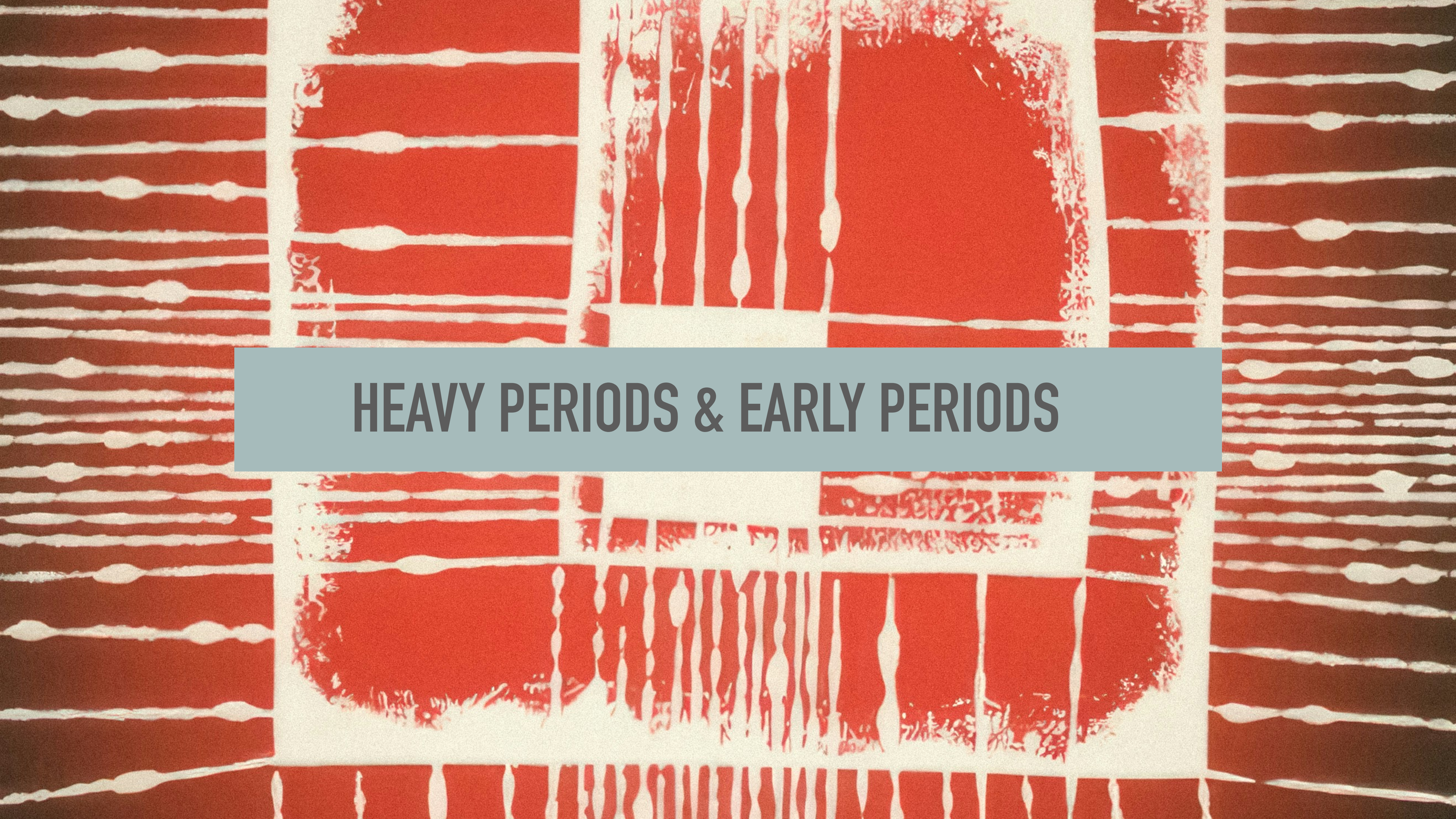
TREATING ENDOMETRIOSIS

Treat as for period pain, with extra focus on:

- Clearing stasis
- Strengthening Spleen
- Tonifying Kidneys (support immune system)

Adenomyosis - dissolve blood stasis with *Tien Chi tablets*

Deeper lesions & endometriomas - break up stasis with *San Leng*, *E Zhu*, or *Wu Jin Wan*



HEAVY PERIODS & EARLY PERIODS

HEAVY PERIODS (MENORRHAGIA)

Blood stasis - dark purple/red blood, large clots, pain

Heat in the blood - thick or sticky red blood, may have small red clots

Spleen qi deficiency - dilute light blood, empty and bearing-down / dragging sensation in lower abdomen, easy bruising

Kidney deficiency / Chong & Ren disharmony - watery red blood + heat, thirst, anxiety

MENORRHAGIA – BLOOD STASIS

Clear clotting with Tiao Jing Wan or Shao Fu Zhu Yu Tang
AND need to moderate heavy flow with Tien Chi tablets

Modifications:

Clear clotting + *Yi Mu Cao, San Leng, E Zhu, Dang Gui (tan)*

Dissolve stasis, moderate heavy bleeding + *Ou Jie (tan) 20g, San Qi*

Lift qi + *Chai Hu, Sheng Ma*

Cool blood, stop bleeding + *Huai Hua Mi, Qian Cao Gen*

MENORRHAGIA (& EARLY CYCLES) – HEAT IN THE BLOOD

Qing Jing San - clear excess heat, cool blood

Mu Dan Pi 10g

Bai Shao 12g

Shu Di Huang 12g

Di Gu Pi 15g

Qing Hao 10g

Fu Ling 10g

Huang Bai (tan) 6g

Modifications:

+ *Han Lian Cao*, *Di Yu (tan)* - cool blood, stop bleeding

+ *Qian Cao Gen* - cool blood, clear stasis, stop bleeding

+ *San Qi*, *Ou Jie* - dissolve stasis, moderate heavy bleeding

Liang Di Tang- clear Yin deficiency heat, cool blood

Di Gu Pi 15g

Sheng Di Huang 15g

MENORRHAGIA – SPLEEN QI NOT CONTROLLING BLOOD

Gui Pi Tang - tonify & lift Spleen qi & Heart blood

Modifications:

- + *San Qi* 10g, *Ou Jie* 15-20g - dissolve stasis, reduce heavy bleeding
- + *E Jiao* 12g - nourish blood and stop bleeding
- + *Tu Si Zi* 12g, *Shan Zhu Yu* 12g - tonify Kidneys
- + *San Leng* 8g, *E Zhu* 8g - reduce masses

NB: often a good fit for treating fibroids

MENORRHAGIA – CHONG & REN DISHARMONY

An Chong Tang - lift Spleen qi, consolidate Chong & Ren, stop bleeding

Huang Qi 20g

Hai Xiao Xiao 10g

Bai Zhu 12g

Xu Duan 15g

Qian Cao Gen 10g

Sheng Di Huang 15g

Bai Shao 12g

Mu Li 15g

Long Gu 15g

Modifications:

+ *Di Gu Pi, Huai Hua Mi* - cool blood, stop bleeding

+ *Dang Gui (tan)* - nourish blood, stop bleeding

+ *Zhi Mu, Han Lian Cao* - clear def. heat, stop bleeding

+ *San Qi* - dissolve stasis, moderate heavy bleeding

PROLONGED MENSTRUAL BLEEDING

Lasting 10 days +

Blood stasis (from qi stagnation, cold invasion) - small amounts of dribbling dark flow, clots

Shi Xiao San, Tiao Jing Wan

Heat in the blood (Yin deficiency) - small or large amounts of dilute or thick red flow

Liang Di Tang, Er Zhi Wan, Mu Dan Pi (tan)

Yin def. heat in the blood + blood stasis - scanty red flow, dark clots, pain

Shi Xiao San, Qian Cao Gen

A close-up photograph of several pink peonies in full bloom, with delicate, ruffled petals in various shades of pink and light red. The flowers are the background for the left half of the slide.

UTERINE FIBROIDS

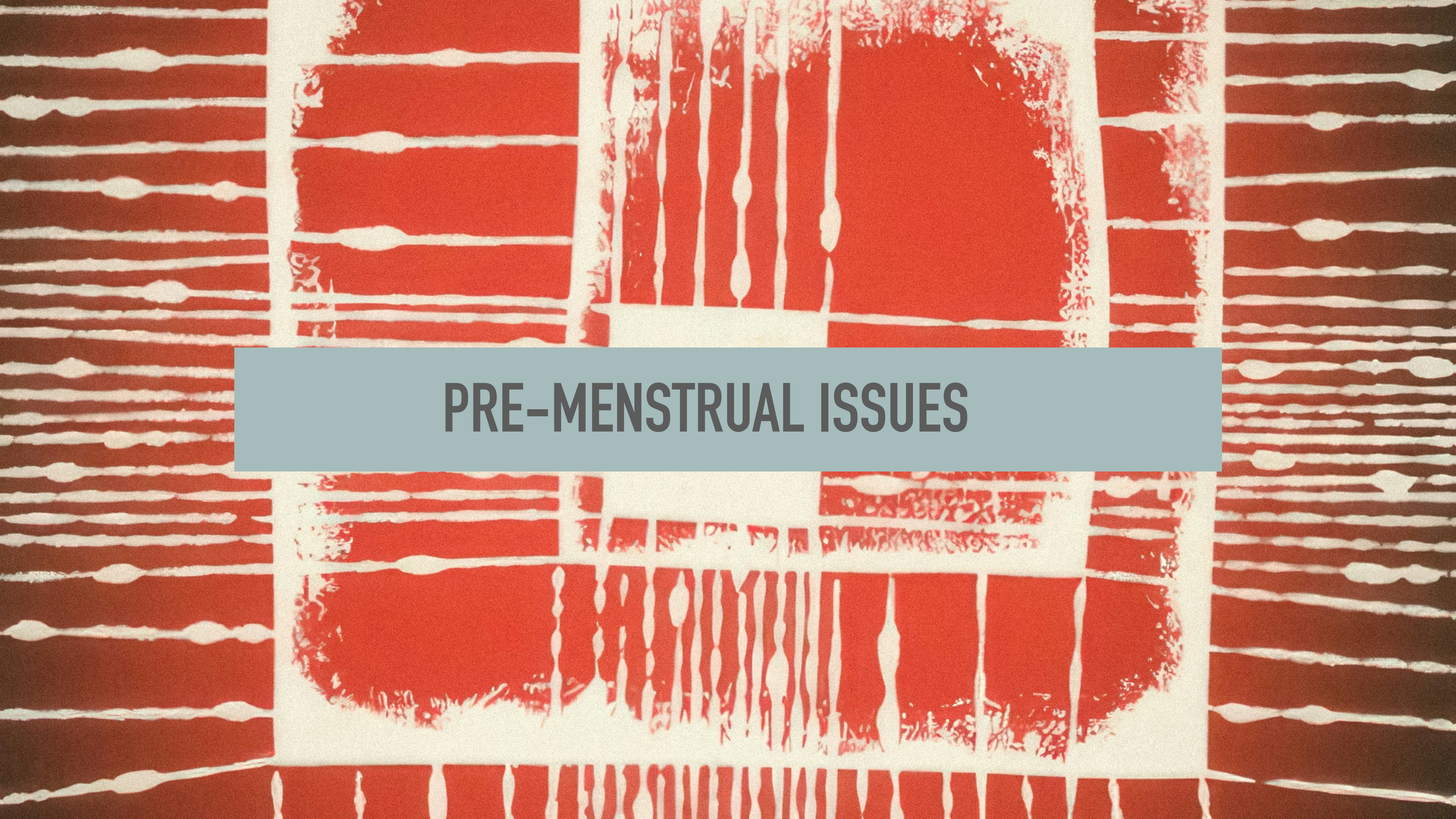
Types: Submucosal (uterine cavity), intramural (uterine muscle), subserosal (outer surface).

Symptoms: heavy or prolonged bleeding, bloating, pelvic /back pain, frequent urination.

Herbs work best for <5cm fibroids. If larger fibroids, focus on symptom relief.

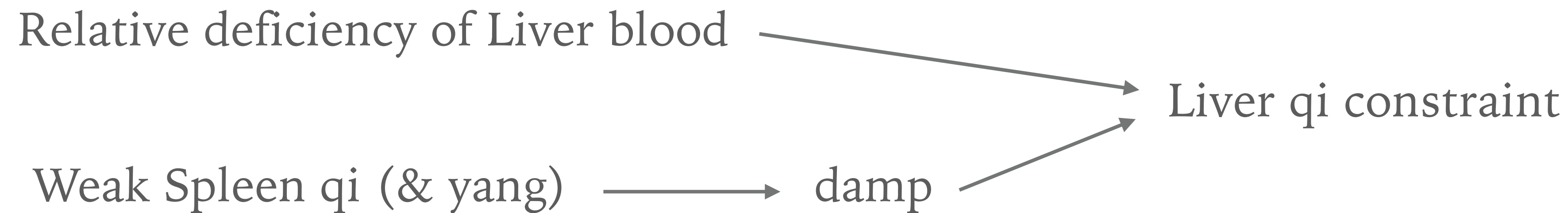
Gui Pi Tang (+ *San Qi*, stasis clearing)

Gui Zhi Fu Ling Wan



PRE-MENSTRUAL ISSUES

TREATING PRE-MENSTRUAL ISSUES



Can also happen at ovulation time (Liver qi moves / hormones shift)

Mood swings, fluid retention, migraines, exhaustion, PMDD

Treat as you would any other time of the month + move qi, clear damp (branch)

PRE-MENSTRUAL FLUID RETENTION

Fluid retention (in limbs, face, or torso) + tiredness, scanty urination, poor appetite, stuffy chest, irritability.

Wu Ling San + Chai Hu Shu Gan San - Clear damp, regulate qi flow

Wu Pi Yin - Reduce edema, regulate qi

Sang Bai Pi 12g

Sheng Jiang Pi 3g

Fu Ling Pi 12g

Di Gu Pi 12g

Da Fu Pi 12g

Strengthen Spleen & Kidney Yang (root) - Zhen Wu Tang, Jin Gui Shen Qi Wan

PRE-MENSTRUAL LIVER QI STAGNATION

Bloating or distending pain, tender breasts, headaches, mood swings, tiredness (all relieved once period starts)

Jia Wei Xiao Yao San - nourish blood, spread qi, clear heat from constraint

Chai Hu Shu Gan San - regulate Liver qi, harmonise blood, relieve pain



Mei Gui Hua

LIVER QI STAGNATION – MODS

Breast tenderness / pain

Qing Pi, Yu Jin, Mai Ya (if cysts)

Mood swings

Mei Gui Hua, He Huan Pi

Headaches / migraines

Tian Ma Gou Teng Yin

Skin breakouts

Lian Qiao, Tu Fu Ling (deeper lesions)

Thrush

Bai Ji Li

PRE-MENSTRUAL MOODS (PMS & PMDD)

Flat and depressed - *He Huan Hua / Mei Gui Hua + Yu Jin*

Xiao Yao San

Angry, irritable - *He Huan Pi, or Ye Jiao Teng + Bai He + Fu Xiao Mai*

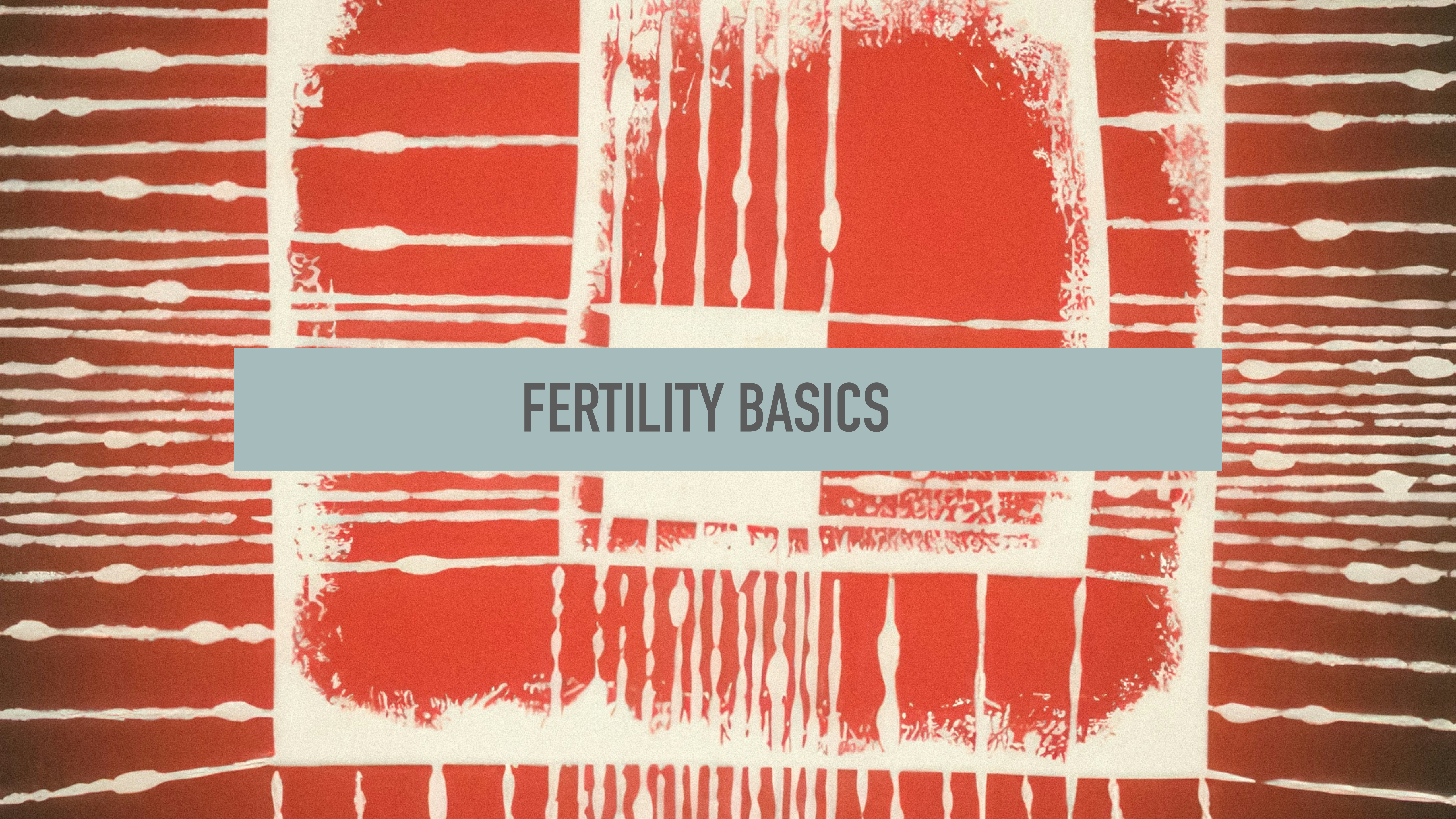
Suan Zao Ren Tang,
Jia Wei Xiao Yao San

Anxious - *Suan Zao Ren + Yuan Zhi, Long Yan Rou*

Gui Pi Tang

Rage - *Dan Shen, Yu Jin*

Xue Fu Zhu Yu Tang

The background is a complex, abstract pattern. It features a grid of squares, some of which are solid red, while others are white with red, wavy, horizontal lines. The overall effect is a textured, layered appearance with a strong color palette of red and white.

FERTILITY BASICS

FERTILITY BASICS

Ingredients for pregnancy:

Healthy embryo (egg quality, and partner's sperm)

Healthy receptive endometrium - not too thin or thick

Healthy hormones - regular cycle, timely ovulation

Enough resources (qi, blood and fluids), flowing freely, no clotting issues

Treat the pattern + tonify Kidneys (Jing, Yin & Yang), regulate cycle, address hormonal imbalances, and address stress (regulate qi flow and calm shen).



FERTILITY – PREPARE THE ENDOMETRIUM

Lining too thin —> build blood,
strengthen digestion

Ba Zhen Tang, Ren Shen Yang Rong Tang,
Gui Pi Tang,

Obstructed flow (stasis) —> clear clotting,
warm uterus if cold

Tiao Jing Wan, Tao Hong Si Wu Tang,
Wen Jing Tang



Zi Shi Ying

FERTILITY – EGG QUALITY

Tonify Kidney Yin, Yang & Jing,
nourish blood, move qi

Gui Shao Di Huang Wan, You Gui Wan,
Zi Shen Yu Tai Wan

Herbs for egg quality:

Lu Jiao Shuang

Zi Shi Ying

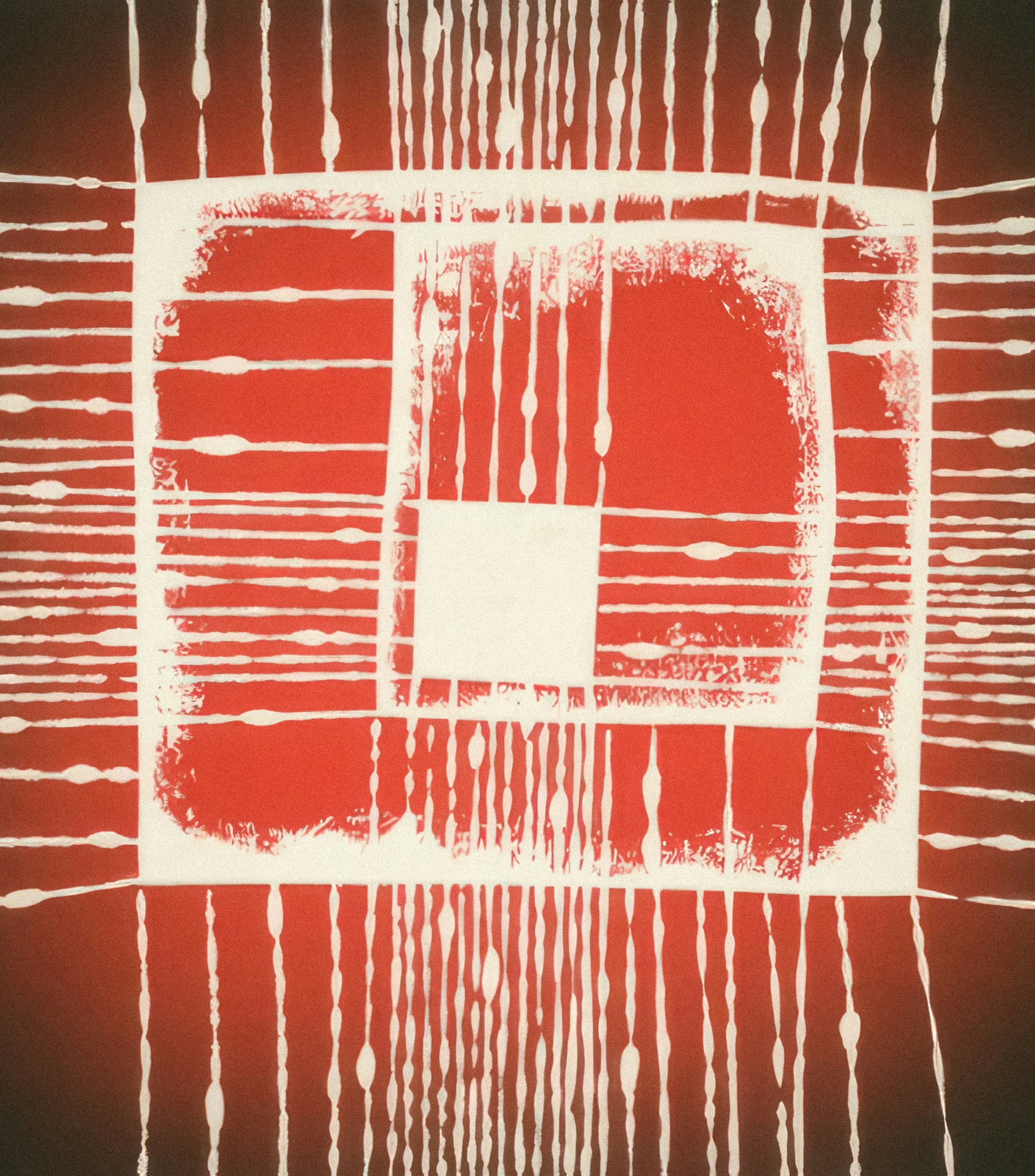
Tu Si Zi

Rou Cong Rong

Shan Zhu Yu

Shu Di Huang

Gou Qi Zi



THANKYOU

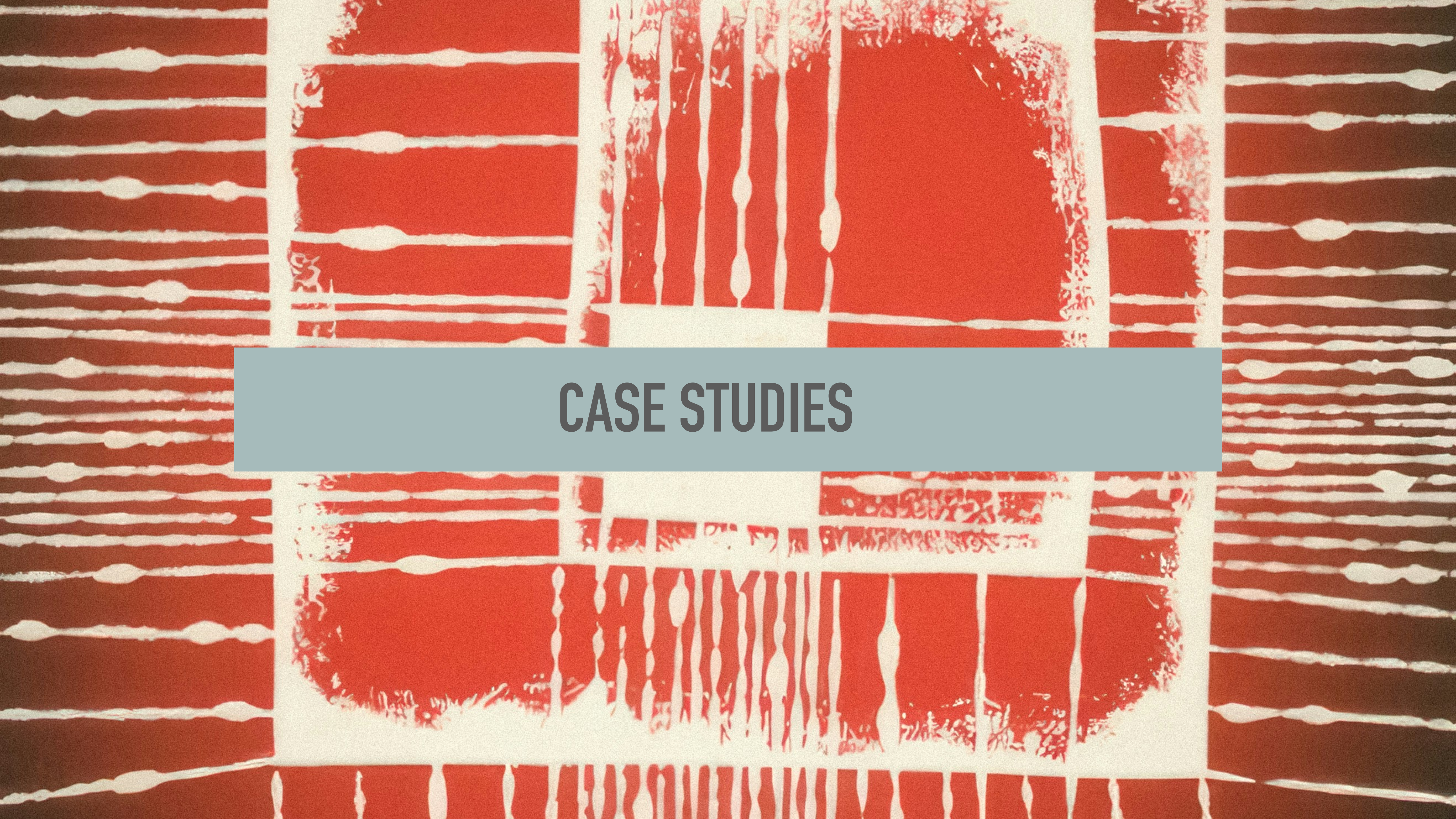
Questions?

Connect with me

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www.fourgates.com.au

The background features a complex, abstract pattern of red and white. It consists of various rectangular and irregular shapes, some with horizontal stripes and others with vertical stripes, creating a layered, collage-like effect. A solid teal banner is positioned horizontally across the center of the image, containing the text 'CASE STUDIES' in a bold, dark grey, sans-serif font.

CASE STUDIES

An abstract, three-dimensional graphic on the left side of the page. It consists of numerous thin, curved, green layers that overlap and spiral upwards, creating a sense of depth and movement. The layers are a vibrant green color, and the lighting highlights their edges, giving them a glossy appearance. The overall shape is reminiscent of a stylized flower or a modern architectural element.

AMENORRHEA CASE STUDY

32 year old woman, no periods for past year. Previously periods were long cycle and irregular (every 2-3 months), light and brownish flow.

Gained a lot of weight in past year. Energy low and wakes unrefreshed. Sleep - waking between 2-4 am to urinate, otherwise ok.

Bad breath (from post-nasal drip).

Digestion tends to loose, can get mucus in stools. Cold feet and cold back.

Tongue - pale, puffy with teethmarks

Pulse - soggy

AMENORRHEA CASE STUDY (PCOS?)

Clear phlegm & damp, warm Kidneys, promote ovulation:

(Chao) Cang Zhu 12

Bai Zhu 12g

Fang Feng 12g

(Cu) Bai Shao 15g

Chen Pi 10g

Ban Xia 12g

Xiang Fu 12g

(Chao) Shan Yao 12g

Bu Gu Zhi 10g

Yin Yang Huo 12g

Rou Gui 6g

(Chao) Suan Zao Ren 15g

Yuan Zhi 6g

Chao Gan Cao 3g

Yi Yi Ren 10g

Patent pills: Er Chen Tang



POST-MENSTRUAL PAIN CASE

28 year old woman, constant dull achy pain in lower abdomen during and after period. 28 - 35 day cycle, lasts 4 days, thin brownish-red flow.

Dyspareunia. Pain making her anxious. Achy lower back, energy levels low.

Pulse - thin and deep.

Tongue - pale pink.

CASE STUDY: POST-MENSTRUAL PAIN

Tiao Gan Tang (mod) - Tonify LR & KI, relieve pain

Shan Yao 12g

Dang Gui 12g

(Cu) Bai Shao 12g

Shan Yao 12g

Ba Ji Tian 12g

Gou Qi Zi 12g

(Chao) Gan Cao 5g

Shu Di Huang 10g

Xu Duan 12g

Sha Ren 6

Chuan Lian Zi 12g

Wu Ling Zhi 12g

Yan Hu Suo 15g

Fu Xiao Mai 30g

Ye Jiao Teng 30g

Sheng Jiang 1 slice

Hong Zao 6 pieces

An abstract graphic on the left side of the page featuring concentric, swirling bands of red and dark red, creating a sense of depth and movement.

MENORRHAGIA CASE STUDY

32 yo woman, heavy periods.

Changing super pad every 2 hours, flooding overnight day 1 & 2. Darkish then red blood, lots of large clots (20c size), pain sharp when passing clots, then more dull & achy.

Exhausted by end of period, postural dizziness. Digestion - bloating after meals.

Tongue - pink, red edges, congested sublingual veins.

Pulse - thin, rough.

MENORRHAGIA CASE STUDY (BLOOD STASIS)

Clear stasis to reduce heavy bleeding

Yi Mu Cao 15g

San Qi 12g

Ze Lan Ye 12g

San Leng 10g

E Zhu 10g

Qian Cao Gen 12g

Sheng Di Huang 12g

(Chao) Zhi Zi 12g

Dang Shen 12g

Chai Hu 6g

Sheng Ma 6g

Gu Ya 10g

Mai Ya 10g

Sha Ren 6g

He Huan Pi 15g

San Qi caps on heavy days of period (2 am + pm)



FERTILITY CASE STUDY

36 year old woman, preparing for IVF (been ttc for 18 months). Regular cycle, period lasts 3 days, brownish red flow, small dark clots.

Pre-menstrual bloating, breast distention, twinges in left side of abdomen, no bowel changes.

Low energy, wakes tired, bowels slightly slow. Thirsty, aching knees & ankles.

Pulse - thin

Tongue - pale, thin coating, sublingual thin veins.

FERTILITY CASE STUDY

Clear endometrium & tonify Kidneys:

Xi Yang Shen 10g

Shan Zha 10g

Yi Mu Cao 12g

Tao Ren 12g

Chuan Niu Xi 6g

Qing Pi 15g

Mai Ya 15g

He Huan Pi 15g

Zi Shi Ying 15g

Dang Gui 10g

Shu Di Huang 10g

Chi Shao 15g

Xu Duan 12g

Sha Ren 6g

Gan Cao 3g

Sheng Jiang, Hong Zao

Dang Gui Plus tincture with periods

Xue Fu Zhu Yu Tang pills when not on herbs