

PCOS Integrative Care

Western DX	Western Tests	Western TX	CM DX	Herbal Formulas
Rotterdam Criteria 2 of 3 1. Anovulation or Oligo-ovulation 2. Hyperandrogenism 3. Cystic ovaries * new elevated AMH	- AMH >4 - LH/FSH ratio > 2:1 or 3:1 (normal 1:1) - A1C, fasting glucose indicating insulin resistance - T normal or elevated - E2 normal or elevated - androgens may be elevated but T normal	- Metformin for insulin resistance - Weight loss - OCP for symptoms (makes insulin resistance worse) - Clomifene to induce ovulation - IVF/IUI - Surgery to remove part of the ovary	General Pathogenesis Kidney deficiency + Spleen deficiency or Liver Qi stagnation leading to Phlegm Damp accumulation and/or Qi, Blood stagnation resulting in Chong and Ren blocked +/- Phlegm Heat	<p>PCOS w/ weight gain</p> <ul style="list-style-type: none"> - stubborn weight gain - few if any cycles a year <p>Mobilize Damp & Phlegm Cang Fu Dao Tan Tang + Bu Shen Hua Tan Tang, mod</p> <p>PCOS w/ weight gain</p> <ul style="list-style-type: none"> - somewhat overweight - having cycles, likely irregular <p>Support Kidneys Gui Shao Di Huang Tang, mod</p> <p>For both scenarios add a patent: Patents to strengthen Spleen & clear Damp Yue Ju Er Chen Wan - eliminates all stagnations Cang Fu Dao Tan Wan - eliminates obstructions caused by Phlegm-Heat Xiong Gui Ping Wei San - clears Damp by supporting Sp/St</p>
				<p>PCOS w/o weight gain</p> <ul style="list-style-type: none"> - few if any cycles - localized accumulation of Phlegm-Damp (cystic ovaries and visceral fat deposits) <p>Liver Qi stagnation leading to local Damp accumulation Fang Feng Tong Sheng San – used short term to “kick start the ovaries”</p> <p>PCOS w/o weight gain</p> <ul style="list-style-type: none"> - irregular cycles <p>Liver Qi stagnation obstructing Qi/ Blood flow in Chong/Ren Xiao Yao San + Bu Shen Hua Tan Tang, mod</p>

