

TCM Amenorrhea

| Type | S/S | Herbal Formula |
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| Kidney Jing Deficiency | <ul style="list-style-type: none"> Primary amenorrhea, can contribute to secondary amenorrhea Weak Jing leads to insufficient blood to fill Chong/Ren Resistant ovary syndrome Premature menopause | <p>Gui Shao Di Huang Tang, mod Dang Gui, Bai Shao, Shu Di, Shan Yao, Shan Zhu Yu, Mu Li, Yin Tang Huo, Lu Jiao Pian, Zi He Che, Ren Shen</p> <p>*Once there is an increase in E2 use Kidney Yin def amenorrhea formula</p> |
| Kidney Yin Deficiency | <ul style="list-style-type: none"> Most common cause of amenorrhea Infrequent to no periods No fertile mucus Dizziness Low back pain | <p>Gui Shao Di Huang Tang, mod Dang Gui (9g), Bai Shao (9g), Shu Di (20g), Shan Zhu Yu (15g), Shan Yao (12g), Fu Ling (12g), Mu Dan Pi (9g), Ze Xie (12g)</p> <p>With no ovulation add Ki yang herbs after 3-4 weeks: Tu Si Zi, Ba Ji Tian, Chuan Niu Xi, Ze Lan</p> <p>Yin deficient Heat use Zhi Bai Di Huang Tang – add Zhi Mu and Huang Bai to Gui Shao Di Huang Tang and delete Dang Gui and Bao Shao</p> |
| Kidney Yin Deficiency leading to Heart and Liver Fire | <ul style="list-style-type: none"> If Yin def gives rise to Heat, Heart and Liver Fire can develop (agitation, irritability, insomnia, dryness which causes constipation and thirst) | <p>For Heart-Fire Add: Bai Zi Ren Wan, mod Bai Zi Ren, Dan Shen, Chuan Niu Xi, Bai Shao, Ze Lan, Xu Duan</p> <p>For Heart and Liver Fire that have dried the Blood use: San Huang Si Wu Tang or San He Yin.</p> <p>San Huang Si Wu Tang Shu Di, Dang Gui, Chuan Xiong, Chi Shao, Da Huang, Huang Lian, Huang Zin</p> <p>San He Yin Da Huang, Mang Xiao, Zhi Zi, Huang Qin, Lian Qiao, Bo He, Gan Cao, Dang Gui, Chuan Xiong, Shu Di, Chi Shao</p> <p>Once Heat has cleared rescue Yin with Mai Wei Di Huang Tang</p> <p>For Liver Heat predominant use: Yu Zhu San Da Huang, Mang Xiao, Dang Gui, Chi Shao, Chuan Xiong, Sheng Di, Gan Cao</p> |

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| Kidney Yin Deficiency leading to Kidney Yang Deficiency | <ul style="list-style-type: none"> ▪ Lassitude ▪ Vertigo ▪ Palpitation ▪ Blurred vision ▪ Lower back pain ▪ edema | Add Ren Shen Lu Rong Wan to Gui Shao Di Huang Tang Ren Shen, Du Zhong, Ba Ji Tian, Huang Qi, Lu Rong, Dang Gui, Huai Niu Xi, Long Yan Rou |
| Blood Deficiency | <ul style="list-style-type: none"> ▪ usually associated with Ki Yin Def ▪ Can follow loss of blood or severely compromised Spleen function | Ba Zhen Tang, mod Dang Gui, Shu Di, Bai Shao, Chuan Xiong, Dang Shen, Dan Shen, Bai Zi Ren, Bai Zhu, Fu Ling, Tu Si Zi, Sang Ji Sheng, Xiang Fu, Gan Cao |
| Stagnation of Heart Qi (hypothalamic amenorrhea) | <ul style="list-style-type: none"> ▪ Insomnia and much dreaming ▪ Palpitations ▪ Anxiety, fear or sadness ▪ Restlessness | Bai Zi Ren Wan, mod Bai Zi Ren, Dan Shen, Xu Duan, Shu Di, Chuan Niu Xi, Ze Lan, Yu Jin, He Huan Pi, Yuan Zhi Fu Ling |
| Liver Qi Stagnation | <ul style="list-style-type: none"> ▪ Resulting from long term frustration, irritability, depression, stress, long-term breast feeding, use of antipsychotic drugs or OCP ▪ Hyper-prolactinemia | Dan Zhi Xiao Yao San, mod Dang Gui, Bai Shao, Fu Ling, Bai Zhu, Chai Hu, Mu Dan Pi, Zhi Zi, Gan Cao, Shan Zhu Yu, Bo He, Sheng Jiang For hyper-prolactinemia use Yi Ru San Chuan Bei Mu, Bai Shao, Qing Pi, Gou Teng, Chuan Niu Xi, Mu Li, Mai Ya, Chuan Lian Zi |
| Phlegm-Damp Accumulation | <ul style="list-style-type: none"> ▪ Usually traced to a tumor, surgery is often more appropriate ▪ Other formulas for Phlegm-Damp Amenorrhea are found in the PCOS information | Cang Fu Dao Tan Tang, mod Cang Zhu, Xiang Fu, Ban Xia, Fu Ling, Chen Pi, Dan Nan Xing, Zhi Ke, Gan Cao, Sheng Jiang, Shen Qu, Chuan Xiong, Chuan Niu Xi, San Leng, E Zhu, Ze Lan |
| Blood Stasis | <ul style="list-style-type: none"> ▪ Tumors ▪ Repeated D&Cs which cause adhesions (e.g. Asherman Syndrome) – use after surgery to recover the integrity of the endometrium | Use for Blood Stagnation type pain: Xue Fu Zhu Yu Tang, mod Use for stasis pain caused by cold: Shao Fu Zhu Yu Tang |