

| Signs or Symptoms               | Western Med Causes  | Western DX  | Western Testing           | Western TX                 |
|---------------------------------|---|---|---------------------------|----------------------------|
| Dysmenorrhea,                   | Retrograde Menstruation   | Diagnosed & treated through laparoscopic surgery, or hormones suppression. staged 1-4 | Endometrial Function Test | Excision surgery           |
| Pain that stops normal activity | Possible abnormal growth/placement of endometrial tissue while in utero   |   | Receptiva                 | Depot Lupron (Leuprorelin) |
| Pain during sex                 | Increased incidence occurs in women with early menarche, short menstrual cycles or menorrhagia. There is a genetic component. |   | ERA                       |                            |
| Pain with BM or Urination       | Impaired or overactive immune function may contribute   |   |                           |                            |
| Infertility                     |   |   |                           |                            |
| Excessive or heavy periods      |   |   |                           |                            |
| Anxiety & depression            |   |   |                           |                            |
| SIBO                            |   |   |                           |                            |

|                       |  |  |  |  |
|-----------------------|--|--|--|--|
| Fatigue               |  |  |  |  |
| Nausea                |  |  |  |  |
| Pain in Pelvic area   |  |  |  |  |
| IBS                   |  |  |  |  |
| Interstitial cystitis |  |  |  |  |

| Endometriosis From A TCM Viewpoint |   |  |   |  |   |
|------------------------------------|---|--|---|--|---|
| Etiology                           | Kidney Yang deficiency leading to blood stagnation & cold coagulation   | Cold Uterus: Cold invasion leading to blood stagnation (too much exposure to cold) | Impeded Qi Flow (liver qi stagnation from emotional distress/ ongoing high stress levels, cold) | Toxic heat in the blood (this happens when the lesions bleed with the period, leading to an immune response/ inflammation) | Spleen Deficiency impacting production of healthy blood (unhealthy blood may coagulate more easily) |
| BBT                                | Temp does not drop when period starts, or if it does drop it will start to go up after 1 or 2 days. this indicates that the switch from yin to yang has not been on time or complete<br>one of the factors that both signifies and contributes to the switch from yang to yin is the loss of blood and therefore body heat to the outside |  |   |  |   |
|                                    |   |  |   |  |   |

## Post Menstruation

| Tx Strategy   | Herbal Formula  | Modification   | Points  |
|---|---|--|---|
| aim to build blood and reinforce the yin  | Gui Shao Di Huang Tang  | Kidney Yang Def<br>-Rou Cong Rong<br>-Tu Si Zi                                   | <b>KD 13, Ren 7</b><br>-to program the chong and Ren vessels early in the cycle   |
| in serve cases of endo which blood stagnation is pronounced, blood regulating herbs can be added at the early phase, especially women with strong body constitution | Shu Di<br>Shan Yao<br>Shan Zhu Yu<br>Fu Ling<br>Mu Dan Pi<br>Zi xie<br>Dang Gui<br>Bai Shao | Blood Stagnation<br>-Dan Shen<br>-Chi Shao<br>-Mu Dan Pi<br>-Shan Zha<br>-Mo Yao | <b>KD 14, 18, ST 30</b><br>-To move stagnant blood in the Chong Vessels and Uterus<br><b>Ren 3</b><br>-To clear stagnant blood in the abdomen   |
| women with weak body constitution should have blood regulating herbs added later on in the cycle  | * This guiding Formula recommended for use in the postmenstrual phase                       | Damp Heat<br>-Hong Teng<br>-Bai Jiang Cao<br>-Bai Zhu<br>-Cang Zhu               | <b>Ren 4 and Sp 6</b><br>-To reinforce the Kidney Yin<br><b>LV 8</b><br>-To support the blood and Yin at the same time as clearing stagnation from abdomen<br><b>Ren 12</b><br>-To encourage spleen and stomach function in making more blood to replace the lost during the period |

## Ovulation

| Tx Strategy  | Herbal Formula   | Modification   | Points  |
|--|--|--|---|
| Dispel blood stagnation or resolve masses  | Wen Yang Hua Yu Fang   | Blood moving agents<br>-(Sheng) Shan Zha<br>-Dan Shen  | LV 3, 5<br>Regulate Liver Qi in the Uterus  |
| focus on yang tonics to increase yang (If yang does not rise sharply Qi and Blood will not move) | Gui Zhi<br>Hong Hua<br>Dang Gui<br>Chuan Xiong<br>Chuan Niu Xi<br>Ji Xue Teng<br>Xiang Fu<br>Huang qi<br>Fu Ling<br>Yin Yang Huo | Inflammation or Damp Heat<br>-Hong Teng<br>-Bai Jiang Cao  | LV 11 - Regulate Liver Qi in the abdomen<br><br>St 29 Zi Gong- ensure the movement of qi in the fallopian tubes and ovaries<br><br>SP 12, 13- Regulate Qi and Blood especially if there is pain or evidence of abdominal masses |
|  | Shu Di<br>Zhi Fu Zi<br>*Kidney Yang Def is predominant   | Abdominal Masses-Robust Pt<br>-San Leng<br>-E Zhu<br>Cu Pai Luan Tang or Bu Shen Cu Pai Luan Tang<br>or Wen Yang Hua Yu Fang or Wen Hua Tan Fang | SP 6 - Regulate Qi in the LV, SP, KD, as well as the Bao Vessel and Bao Channel<br><br>KD 8-Regulate Qi in the Chong and Ren vessels<br><br>SP 4- Regulate Qi in the Chong Vessel   |
|  |  | Liver Qi Stag - fallopian tube flexibility<br>-Cang Zhu  | KD 4, PC 6, HT 7 - Calm Shen, Regulate Bao Vessel   |

|  |  |                     |  |
|--|--|---------------------|--|
|  |  | -Qing Pi<br>-Zhi Ke |  |
|--|--|---------------------|--|

## Post Ovulation

| Tx Strategy   | Herbal Formula  | Modification                              | Points  |
|---|---|---|---|
| Boost KD Yang by Supplementing Yin                                  | Jian Gu Tang  | Blood Moving where there is stasis        | Ren 4, KD 3, BL 23 - Maintain KD Yang   |
| Boost KD Yang by Promoting Qi - most commonly used for Endometrosis | Dang Shen<br>Bai Zhu<br>Cang Zhu<br>Shan Yao<br>Yi yi Ren<br>Tu Si Zi<br>Ba Ji Tian<br>Lu Jiao Pian<br>Xiang Fu | Wu Ling Zi<br>Dan Shen<br>(Sheng) ShanZha | LV 2, PC 7, HT 7 - Ensure heat from the yang tonic herbs does not affect the Liver and Heart  |
| Boost KD Yang by Nourishing Blood                                   |   |   | ST 29 with Moxa - Encourage unfettered Transport of the egg/ embryo in Fallopian Tube in early part of Luteal phase<br><br>SP 1 with Moxa - To Prevent Spotting before period |

## Period

| Tx Strategy  | Herbal Formula       | Modification  | Points   |
|--|----------------------|---|--|
| No Pregnancy Attempted - Blood moving herbs and Herbs to break up stasis can be used upto a week before period | Nei Yi Zhi Tong Tang | San Leng<br>Shui Zhi<br>Di Long<br>Tu Bie Jiang Cao<br>Bai Hua She She Cao Ru Xiang | ST 28,29, SP 12, 13 and KD 14 - Move the Qi and Blood locally to masses<br><br>SP 6, CO 4 - Promote Discharge of Menstrual Blood |

|  |   |                    |  |
|--|---|--------------------|--|
|  |   | Mao Yao<br>Xue Jie | Sp 8 - Remove obstruction to the flow  |
| Attempting Pregnancy - caution with blood moving herbs, wait until either BBT drops or negative pregnancy test | Zi Bei Chi<br>Gou Teng<br>Dang Gui<br>Chi Shai<br>Wu Ling Zhi<br>Yan Huo Suo<br>E Zhu<br>Rou Gui<br>Quan Xie<br>Wu Gong<br>Mu Xiang<br>Xu Dan |                    | <p>Sp 10 - Dispel Blood Stagnation but at the same time control heavy blood loss</p> <p>Ren 6 - Move and support the qi to control blood flow</p> <p>BL 31-34, BL 26, 28, 22 or Shiqizhui-Xia - Move stagnation of blood and relieve back pain</p> <p>LV 2, 8 - Dispel Liver Qi Stagnation and facilitate reduction in abdomen masses</p> <p>PC 5 - Move LV Qi and calm the mind and promote unfettered menstrual flow</p> |

### Simpler Approach

|  |   |
|--|---|
| Hua Yu Li Shi Tang   |   |
| <p>This formula can be taken for weeks or months before and after a period.<br/>-mainly used to break up accumulations of stagnant blood and clear damp heat to reduce inflammation</p> <p>When trying to conceive switch to a post- ovulation formula, this formula is only for robust patients</p> | <p>San Leng<br/>E Zhu<br/>Pu Huang<br/>Wu Ling Zhi<br/>(Sheng) Shan Zha<br/>(Zhi) Da Huang<br/>Tu Bie Chong</p> |

|   |   |
|---|---|
|   | Mo Yao<br>Dang Gui<br>Dan Shen<br>Bai Jiang Cao<br>Lian Qiao<br>Hong Teng<br>Xu Duan<br>Yin Yang Huo<br>Gui Zhi<br>Tai Zi Shen  |
| Ge Xia Zhu Yu Tang and Bu Shen Qu Yu Fang - Used for patients with weak constitution and not trying to conceive | Yin Yang Huo<br>Xu Duan<br>Tu Si Zi<br>Gou Qi Zi<br>Huang Qi<br>Dang Gui<br>Ze Lan<br>Dan Shen<br>San Qi<br>Yan Hu Suo<br>Wu Ling Zhi<br>Niu Xi<br>Rou Gui<br>Tao Ren<br>Hong Hua<br>Xiang Fu<br>Cu San Leng<br>E Zhu |