Acupuncture in the treatment of Amenorrhea

Dr. Hongguang Dong
Amenorrhea

- Amenorrhea is a symptom not a diagnoses
- West medicine classified into Primary Amenorrhea and secondary Amenorrhea
- Primary Amenorrhea which occurs a women not had a periods by the time she is 18.
- Secondary Amenorrhea is defined as failure to menstruate for more than three month (NZ) or more than 6 month (US) in a woman who has previously menstruated.
The Amenorrhea sieve

- uterus and outflow tract
- ovarian disorder
- pituitary and hypothalamic centers
- thyroid disorders: inappropriate or excessive production of thyroxin prolactin or androgen
- physiological change: pregnancy, post-partum, menopause.
- nutritional disorders
Amenorrhea in TCM

The absence of periods (amenorrhea) is called Bi Jing or Yue Shi Bu Lai.

Bi means «shut», «switch off», «closed»

Jing means «menstruation», «meridian»

Yue means «month», «moon»

Women have no Moon (no monthly flow)
or Moon affair not coming
Etiology and Pathology

- Hereditary weakness (kidney and liver deficiency)
- Excessive physical (mental, sport) work (spleen and kidney)
- Overwork and diet (spleen and stomach)
- Chronic illness, impairment of qi and blood
  > the sea of blood deficiency
Etiology and Pathology

- Emotional stress (liver and blood stasis)
- Improper diet and affection by cold (blood stasis)
- Damp-phlegm obstructing the uterus

> Chong and Ren blocked
Uterus obstructed
Syndromes differentiation and treatment

• Amenorrhea due to Blood depletion I
  (Deficiency or Empty condition)

• Amenorrhea due to Blood stasis II
  (Excess or Full condition)
Blood depletion amenorrhea I

- Menses not started by 18, or stopped after becoming scanty.
- T: pale small
- P: thread weak

Liver and kidney deficiency: lower back ache, knee ache, dizziness, soreness in palm and sole

Spleen and stomach deficiency: tiredness, poor appetite, palpitation, weak and cold limb, loose stool
Blood depletion Amenorrhea I

- Tonify the kidney, nourish the liver, promote qi and nourish blood, regulate period
- Points selection: Ren mai, Bei-shu, acupuncture and moxibustion
- Principle prescription
  1. Du 4, DU 14 BL 18 (ganshu), BL20 (pishu), BL 23 (shenshu)
  2. Ren 4, Ren 6, SP 6, LU7, KI 6, (open ren mai) KI 3, ST36
Blood stasis amenorrhea II

- Sudden abruption of menstrual bleeding for some month
- T: dark purple in body, or with white thick coating
- P: deep taut, or -rolling

Qi stagnation and blood stasis: irritability, abdominal distention and pain, depression.
Blood stasis amenorrhea II

• Blood stasis due to cold: obesity, abdomen distention, feeling of cold, cold and weak in limbs, loose stools, poor appetite, lower back-ache, frequent pale urination.

• Pacify the liver, move qi, tonic spleen and remove damp-phlegm, expel cold from meridians.
Blood stasis amenorrhea II

- Ren mai, Spleen meridian, and moxa

- Ren 3, SP 8 (diji), LI 4 (yuan) LR 3 (yuan), Sp 6 ST 40 (luo)
Prognosis and treatment

- No published review papers on the subject of AP and amenorrhea on the Medline!
- Prognosis depend on western differentiation
- Minimum time 3-6 month, most take years
- Acupuncture plus herbs well be more effective
Review papers

1. Stener-Victorin E et al. Effects of electro-acupuncture on anovulation in women with polycystic ovary syndrome


To evaluate if electro-acupuncture (EA) could affect oligo/anovulation and related endocrine and neuroendocrine parameters in women with polycystic ovary syndrome (PCOS).

Nine women (38%) experienced a good effect

**CONCLUSION:** Repeated EA treatments induce regular ovulation in more than one third of the women with PCOS.
Review papers


   *J Tradit Chin Med. 1993 Jun;13(2):115-9*

34 patients suffering from ovulatory dysfunction enter this study. The marked effective rate was 35.29%, the total effective rate being 82.35%. BBT, VS, CMS, and B ultrasonic picture all improved to some degree.

Results showed that acupuncture may adjust endocrine function of the generative and physiologic axis of women, thus stimulating ovulation.