

Dysfunctional Uterine Bleeding



Gender: Female

Age: 34

First consultation: 24/10/2015

Last Menstrual Period: 21/03/2016

Duration till pregnant: 5 months

Background Information and Observations:

The patient try to conceive more than a year without success. Her Period occurs every 28 to 35 day, and heavy at times with period pain. She had Ovulation bleeding firstly at April and then August 2015. At her first visit,, she felt tired and stressed, with depressed mood and have bloated stomach, but had good sleep and regular bowl movement.

Tongue Inspection:

- Tongue Inspection : Swallon and Light Pink Tongue
- Pulse Inspection: Slow and Weak

TCM Diagnosis:

Spleen Kidney Yang Deficiency

Western medicine Diagnosis:

Dysfunctional Uterine Bleeding, Infertility, Fatigue

Aim of Treatment:

The treatment aims at regulates menstruation. Herbal tea and Life Power are for nourishes kidney yang, balance hormones. JiaWeiXiaoYaoWan and RenShenJianPiWan are pacifies the liver, spreads liver Qi, strengthens the spleen function, nourishes the blood and yin,regulates menstruation and clears excess heat.

Initial Treatment Plan:

- Acupuncture: Twice a week, 30 minutes per session
- Traditional Chinese herbal medicine (Brewed from raw herbs): Twice a day, 100ml each time, 30 minutes after meal.
- Herbal Pills: Life Power female , Jia Wei Xiao Yao and Ren Shen Jian Pi Wan

Treatment plan after LMP:

- Acupuncture: Twice a week, 30 minutes per session
- Traditional Chinese herbal medicine (Brewed from raw herbs): Twice a day, 100ml each time, 30 minutes after meal.
- Herbal Pills: Life Power female , Jia Wei Xiao Yao Wan, Ren Shen Jian Pi Wan

Dietary Guidance:

Regular meal is essential, Breakfast is the most important meal of the day, Meals should be prepared deliberately and thoughtfully, and should be eaten in an environment that is relaxed. Chew your food thoroughly. Choose whole, minimally processed foods as often as possible.

Lifestyle Guidance:

Keep up with a good mood and regular exercise, ensure daily sleeping hours at 8 hours. Always wear enough cloth to keep body warm.

Acupuncture- Acu-points Selection:

Guanyuan, Qihai, Yaoyangguan, Xuehai, Sanyinjiao, Fuliu, Rangu

Traditional Chinese Herbal-Assisted Treatment

1st Herbal Tea: ShuDi, DangGui, Baizhu, ChuanXiong, GouQiZi, ShanYuRou, HuangJing, BaiShao, XiangFu, TuSiZi, BaJiTian, HuangQi, LaiFuZi, GanCao

Last Herbal Tea: HuangQin, SangJiSheng, DangGui, ZhiMu, TuSiZi, BaiShao, ShanYao, GanCao, BuGuZhi, SuanZaoRen, GouQiZi, XuDuan, HeShouWu, HeHuanPi, HuangQi

Prescription Analysis:

Shengdi Nourishes Yin, generates fluids, increases saliva and treats wasting and thirsting, Taoren Breaks up Blood Stasis and invigorates Blood circulation, Chishao Invigorates the Blood, dispels Blood Stasis and relieves pain , Lulutong Promotes the movement of Qi and invigorates the Blood, opens the Middle Jiao and unblocks the channels, Sanleng and Ezhu Forcefully breaks up Blood Stasis, regulates Qi and alleviates pain.

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