

# Fertility - Double Fallopian Tube Blockage



**Gender:** Female

**Age:** 39

**First consultation:** 25/08/2012

**Last Menstrual Period:** 17/09/2012

**Duration till pregnant:** 22 days

## Background Information and Observations:

Both Fallopian tube Blockage, 8 years of stress, Insomnia, Dry mouth, period are regular, painful periods

## Tongue Inspection:

- Tongue: Pale and Swallow Tongue and Black Spots
- Pulse: Weak and Deep

## Diagnosis:

- Western Diagnosis: Both Fallopian tube Blockage
- TCM Diagnosis: Blood Stagnation and Kidney Yin Deficiency

## 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: Tao Hong Si Wu, Life Power Female (click to view herbal products)

## 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.
- Moxibustion
- Herbal Pills: Life Power Female, Mixed Ginsen (click to view herbal products)

## **Aim Of Treatment:**

Patient first visit us a 25/08/12, With period from 28-30 days and bleed for 4 days, was once diagnose in western hospital Bilateral fallopian tube obstruction. Patient suffer from stress and depression. Sometimes fatigue and dizziness in the daytime due to dreaminess in the night. Treatment plan includes Acupuncture which improved ovarian and follicular function and increase blood flow to the endometrium, helping to facilitate a thick, rich lining, Herbal tea which helps to unblock fallopian tube, SuanZaoRenWan calm the spirit and bring quality sleep, GuiPiWan enrich the uterus lining and nourishes the blood. All combined help to unblock fallopian tube, balance the body, ready the uterus to conceive.

## **Dietary Guidance:**

Regular dietary intake with a more nutritious and balanced; concentrate on easily digestible food avoid spicy, bitter and unheated (cold) food. Eat simply and lightly, and to pay particular attention to posture and tension during and after eating.

## **Lifestyle Recommendations:**

Keep up with a good mood and regular exercise such as foam rolling and dynamic stretching. Go to bed earlier and have a good night's sleep. If you are always on the go, schedule some time each day for you to rest, relax and nourish yourself. When ill allow yourself sufficient time to recover.

## **Acupuncture – Acu-points Selection:**

Guanyuan, Qihai, Yaoyangguan, Xuehai, Sanyinjiao, Fuli, Rangu

## **Traditional Chinese Herbal-Assisted Treatment:**

1st Herbal Tea: DangGui, ShengDi, TaoRen, ZhiKe, ChiShao, ZeLan, LuLuTong, XiangFu, ZhiZi, PuGongYing, LianQiao, SanLeng, EZhu, GanCao

Last Herbal Tea: HuangBai, SangJiSheng, ShuDi, XuDuan, HuangQi, DuZhong, HeHuanPi, SuanZaoRen, HuangJing, GanCao, ChenPi

## **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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