

## Fertility - Stillborn Foetus



**Gender:** Female

**Age:** 32

**First consultation:** 21/02/2016

**Last Menstrual Period:** 26/05/2016

**Duration till pregnant:** 3 Months and 5 days

### Background Information and Observations:

Patient has been trying to conceive for nearly 2 years without success. Her period cycle are normal, bleeds for 5 days and occasionally have dysmenorrhoea. On 2013, she has done a few tests, and the result showed a increase of FSH level which indicates weak ovary function. Period skipped for 1 month at December 2013. At the time patient suffered from Hot flash, stress, low energy level, dreaminess, cold hands and feet. And she prepare to do IVF.

### Tongue Inspection:

- Tongue Inspection : Pale and swollen Body
- Pulse Inspection: Taut and Chi Mai Weak

### Diagnosis

- TCM Diagnosis: Qi and Blood deficiency, Blood Stasis
- Western medicine Diagnosis: Stillborn Foetus

### Aim of Treatment:

Treatment plan aims for stimulate the body's Qi to move and lead the blood away from the area of stasis; enhance ovary function, re balance hormone, strength of the digestive system's ability to successfully obtain the nutrients which necessary for the production of blood from food.

### 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
- Pregnancy Massage and Moxibustion

### **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.

### **Dietary Guidance:**

Regular dietary intake with a more nutritious and balanced; concentrate on easily digestible and warm food. Focus on adequate lean protein intake and lots of dark-colored fruits and vegetables (preferably lightly cooked).

### **Lifestyle Guidance:**

Keep up with a good mood and regular exercise. Sleep at regular hours and avoid working late or overnight, environments or chemicals or foods containing endocrine disrupting compounds must also be avoided.

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

Qihai, Guanyuan, Zusanli, Sanyinjiao, Xuehai, Guilai, Yaoyangguan, Qihai, Shangjuxu

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

1st Herbal Tea: HuangQi, HuangBai, ShengDi, DangGui, ChuanXiong, BaiShao, XuDuan, TuSiZi, GouQiZi, FuPenZi, SangShenZi, YiMuCao, XiangFu, ZhiGanCao, YinYangHuo

Last Herbal Tea: HuangQi, HuangQin, BaiZhu, XuDuan, DuZhong, ShaRen, ShanYao, TuSiZi, ShengDi, GanCao, ChenPi, BoZiRen, YuZhu

### **Prescription Analysis:**

HuangQi tonifies Qi and blood; ShengDi nourishes yin, generates fluids, increases saliva and treats wasting and thirst; DangGui tonifies the blood and regulates the menses, ChuanXiong invigorates the blood and promotes the movement of Qi, TuSiZi strengthens yang, nourishes Yin, astringes Jing and urine and benefits the marrow; YiMuCao invigorates the blood, dispels stasis, regulates menstruation and reduces masses; YinYangHuo tonifies the kidneys.

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