

Irregular Period And IBS



Gender: Female

Age: 39

Last Menstrual Period: 13/03/2017

Duration till pregnant: 2 Months and 2 Days

Background Information and Observations:

Patient had Long period bleed 4 days every 45-55 days, her period are not heavy and sometimes are painful, period color are dark red. There is no intermenstrual bleeding and no post-coital bleeding. She has never been diagnosed with any sexually transmitted infections. And she Sometimes feels the abdominal distension and always with cold hands and feet.

Tongue Inspection:

- Tongue Inspection : White pale and Thick Tongue Coating
- Pulse Inspection: Slipery and Chen Mai Weak

TCM Diagnosis:

Spleen Kidney Yang Deficiency, Liver Qi Stangation

Western medicine Diagnosis:

IBS, Irregular Period

Aim of Treatment:

The treatment aims at improve ovarian and follicular function, and increase blood flow to the endometrium, helping to facilitate a thick, rich lining. Herbal tea and Life Power are for boosts Kidney and Spleen Yang deficiency, and resolve Liver Qi stagnation, Herbal Pills are for pacifies the liver, spreads liver Qi, strengthens the Spleen, nourishes the blood and yin, regulates menstruation.

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, JiaWeiXiaoYaoWan

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 include meat , fish and so on. Meals should be eaten in an environment that is relaxed. You should avoid eating when you are feeling strong emotions or when you are rushed. Avoid junk food, ensure intake with a more nutritious and balanced; have plenty of fruit. camamile tea is suggested to take in the evening.

Lifestyle Guidance:

Keep up with a good mood and regular exercise, less working hours as posible, promote work and life well balanced.

Acupuncture- Acu-points Selection:

Zhongji, Dijl, Qihai, Xuehai, Xingjian, Taichong, Guanyuan, Zusanli, Sanyinjiao

Traditional Chinese Herbal-Assisted Treatment

1st Herbal Tea: HuangQi, MaiDong, WuWeiZi, HanLianCao, GouQiZi, HuangJing, DangGuiWei, TuSiZi, DuZhong, BuGuZhi, BaiZhu, GanCao, XuDuan, ShuDi, ChuanXiong

Last Herbal Tea: HuangQi, BaiZhu, BaiHe, ShaShen, DangShen, SangJiSheng, GanCao, ShaRen, ShanYao, FuLing, ChuanXuDuan, DangShen, FoShou

Prescription Analysis:

HuangQi tonifies Qi and blood, strengthens the Spleen function and raises the yang Qi of the Spleen and Stomach; MaiDong nourishes lung stomach yin and generates fluids; GouQiZi and WuWeiZi nourishes and tonifies liver and kidney blood and Yin; TuSiZi strengthens yang, nourishes yin, astringes Jing and urine and benefits the marrow; HanLianCao nourishes and tonify liver and kidney yin; ChuanXiong invigorates the blood and promotes the movement of Qi; all those herbs combined as a whole to tonify kidney and liver yin, resolve liver Qi.

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