

IVF Support For Endometriosis & Ovarian Cyst



Gender: Female

Age: 39

First consultation: 23/06/2016

Last Menstrual Period: 19/11/2016

Duration till pregnant: 5 Months

Background Information and Observations:

The patient first visit us at the 23rd of June 2016. She has been tried to get pregnant for 4 month without success. Patients was diagnosed with Endometriosis and ovarian cyst before, and she did surgery at December 2015. Now patient's period cycle are normal 28-30 days, and usually bleed for 4 days. she feels stress and anxious. Patient failed the first IVF in July. And she planed to do IVF later.

Tongue Inspection:

- Tongue Inspection : Deep Red and Thin Tongue Body
- Pulse Inspection: Thin and Rapid, Chi Mai Weak

Main Symptoms:

- Period is normal 28 days, High FSH Levels
- Hot flash, Dreaminess, Bloating Stomach, Cold hands and feet.

TCM Diagnosis:

Liver and Kidney Yin Deficiency, Liver Qi stagnation

Western medicine Diagnosis:

Endometriosis, Ovarian cyst, IVF failure

Aim of Treatment:

Treatment plan which includes Acupuncture, which improved ovarian and follicular function and increase blood flow to the endometrium, helping to facilitate a thick, rich lining.

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, RenShenJianPi

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 meal is essential, intake organic food as possible. Avoid wheat, iced drinks and cold or frozen foods. Drink a small cup of warm water, tea, or broth with meals. Meat soup or fish soup is suggested for three to four times per week.

Lifestyle Guidance:

Keep up with a good mood and regular exercise, giving yourself plenty of time to rest during the day, avoid long hours of continuous work and pressurised environment.

Acupuncture- Acu-points Selection:

Qihai, Guanyuan, Qihaihu, Guanyuanshu, Zusanli, Sanyinjiao, Xuehai, Shenshu, Zhongji, Taichong

Traditional Chinese Herbal-Assisted Treatment

1st Herbal Tea: DangShen, YinYangHuo, GuiZhi, LuLuTong, BaJiTian, BaiZhu, CangZhu, GanCao, DangGui, ShanYuRou, GouQiZi, SuanZaoRen, HeShouWu, BaiShao, DanShen, YiYiRen

Last Herbal Tea: HuangQi, WuWeiZi, HuangQin, SangJiSheng, XuDuan, BaiZhu, TuSiZi, GouQiZi, ShanYuRou, ShaRen, XiangFu, BaiShao, DangShen, GanCao, DaZao, ShanYao

Prescription Analysis:

DangShen tonifies the middle jiao and augments Qi; YinYangHuo and BaJiTian tonifies the kidney, strengthens yang; GouQiZi nourishes and tonifies liver and kidney blood and yin; HeShouWu tonifies the liver and kidney, nourishes the blood and jing; BaiShao nourishes the blood and regulates menstruation; SuanZaoRen nourishes heart yin, tonifies liver blood and calms the Spirit; all those herbs as a whole regulates menes, strengeth kidneys yang, boost energy level and helps the insomnia.

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