See syllabus for specifics of grading and course content. Pay most attention to basic points and mechanism for each disease. Not only basic points in this class but also mechanism, some important symptoms and maybe biomedical info. “Please pay attention to…” Will add matching to the types of questions we have in this term. Mostly about symptoms perhaps and how they match up with diseases. Also adding fill in the blank. (Ugh!) Dr. Luo will tell us, allegedly, what to focus on for this.

**Menopause**

*Jue Jing Qian Hou Zhu Zheng or Jing Duan*

**Biomedical Review**

Menopause is not a disease or pathology, but a natural physical transition in a normal woman’s life from repro period to non-repro period.

**Biomedical Mechanism**

During the reproductive period the monthly cycle works like this. Dr. Luo indicated in class that we need to understand this and be able to write it out.

1. Posterior pituitary gland secretes FSH (follicle stimulating hormone) and LH (leutinizing hormone). These stimulate the ovary to produce an egg, allows for egg maturation.

2. Egg produces estradiol. This stimulates pituitary to produce more FSH and LH.

3. When FSH and LH reach a certain level LH then causes the follicle to rupture. Egg is then released into fallopian tube at the same time progesterone is released.

4. Estradiol and progesterone now prepare the endometrium for implantation.

5. If egg is unfertilized by sperm, egg breaks down.

6. Estradiol’s negative feedback loop to the pituitary then decreases FSH and LH levels.

During menopause the function of the ovary decreases and there are no more eggs presented. Thus estradiol and progesterone levels decrease and the endometrium is not prompted to prepare for implantation.

Relating the biomedical model to TCM, Menopause Syndrome (*Jue jing qian hou zhu zheng*) is thus related to a disharmony of Liver, Heart and Kidney. The brain (mood swings, sometimes decreased memory function during menopause, etc.) in biomedicine relates to the Heart in TCM which houses the spirit. The ovary in biomedicine relates to the Liver in TCM which controls hormones and secretion/discharge of the egg. The uterus in biomed relates to the Kidney in TCM.
Symptoms associated with Menopause Syndrome
Not everyone gets symptoms: 10% of patients have no symptom, 10% have severe symptoms. That said, the other 80% get some or all of the following:

- **Irregular cycles**
  Early, late, or menorrhagia. This is followed by the cessation of the menstrual cycle.

- **Yin xu signs**
  Yin xu manifests as…
  - Hot flashes
  - Night sweating
  - Low grade fever
  - 5 palm heat
  - Dry mouth – not thirsty, but want to sip water to alleviate the dry mouth/throat
  - Irritability

- **Shen and emotional disorders**
  These occur because the Liver Qi is no longer flowing smoothly and is congested. As a result, very small thing stimulate strongly. Some of these symptoms include:
  - Irritability
  - Anger
  - Restlessness
  - Depression
  - Stress
  - Weeping

- **Bone/joint problems**
  These usually get better with rest and hurt more upon movement.
  - Knee joint pain
  - Heel pain
  - Shoulder pain or “50’s shoulder”
  - Sciatica
  - Lower back pain
  - Degeneration of the vertebrae
  - Cervical spondylosis
  - Osteoarthritis

- **Vaginal dryness and atrophy**

For test: you need to know at least 4 groups of symptoms for menopause syndromes.

**Stages of Menopause:**
Different people have different stages and they will express different ways. Here are the basic stages.

- **Premenopause**
  That’s the period before menopause actually begins. This might take 3-4 years but doesn’t really count toward the time served!

- **Perimenopause**
  3 – 5 years prior to the actual start of menopause

- **Menopause**
  3 – 4 years. Most of the time this is what counts, biomedically, as menopause.
Postmenopause
“Second spring.” In TCM this is the time following or coinciding with postmenopause. The symptoms disappear and the energy returns. Hallelujah!

Treatment includes hormone therapy – phytoestrogens such as isoflavone, ligan, and coumestrol to substitute for the naturally produced estrogen. These are plant estrogens to alleviate symptoms. Some Chinese herbs have the same function: dang gui which is widely used in clinic. Please note never to use dang gui in kids…and many patents have them, so watch out for that. Also be aware that breast cancer patients who have estrogen receptive cancers should be steered away from this herb.

Didja know?
There are something like 6 million follicles extant in the fetus. By birth that number has dropped to 600K. There are 300K at menarche (start of menstruation) and 10,000 at menopause. Sort of tracks the decline of the pre-heaven essence throughout life and the fact that this essence is used for more than just popping out kids!

TCM Etiology

1. Kidney Deficiency
   This is related to congenital Essence. Kidney Yin deficiency is the culprit here and this directly effects Liver Yin as well.
2. Aging
   This causes Kidney deficiency and exhaustion of the Chong and Ren reserves as well.
3. Overwork
   Causes Heart Blood deficiency, Liver deficiency and Kidney deficiency. You can actually overconsume Kidney essence this way causing early menopause.

So as you can see, the basic organs involved are:
- Kidney - always involved.
  Causes the lower back pain, joint pain, osteoporosis, yin deficiency signs
- Liver
  When the Kidney is deficiency it cannot nourish the wood of the Liver. Hence the emotional upheavals.
- Heart
  When the Liver is unnourished or there is insufficient reserves in the Kidney to check the Heart’s fire, then the Heart is out of balance. Accounts for the insomnia, shen related symptoms. Fire is raging in the Liver because it is not nourished/cooled by Kidney. Heart is the grandchild of Kidney and the child of Liver.

TCM Mechanism

Kidney ➔ Essence (tian gui is gone) and Xue ➔ Liver ➔ Xue ➔ Heart ➔ Yin ➔ Kidney

Kidney to Liver relationship is more of Essence and Blood. Liver to Heart relationship is one of Blood primarily. The relationship between Heart and Kidney is that of Yin.
The resulting disorders due to the disharmonies in the relationships between the Ht, Kid, and Liv are due to a depletion of the Kidney’s essence. This results in:
- Ht and Liver Blood deficiency
- HT and Kidney disharmony

**TCM Differential Diagnosis and Treatment**

This is a combination of excess (LV Yang rising) and deficiency (LV yin xu, KI xu of yin, yang and/or Qi)

Treatment consists of proper rest, good diet, basic points and the differential diagnosis.

Diet: Avoid spicy things, anything generating fire.

Note there are more patterns than are listed below, but these are the highlights.

**Basic Points for Menopause**

<table>
<thead>
<tr>
<th>KID-3, 8; SP-6; UB-23, 52; LIV-3; HT-7 (LIV-8; P-6; KID-6)</th>
</tr>
</thead>
</table>
| ❖ Kidney 8  
  “Send the Letter” Endocrine point. Also used in amenorrhea. Connected to the Yin Qiao meridian. Also the Xi Cleft point, useful for severe/acute conditions. |
| ❖ Kidney 3  
  Tonify the yin/essence xu.  
  Shu/Yuan point of the Kidney channel. |
| ❖ UB 23 and 52  
  Tonifies Yang (UB 23). UB 52 tonifies the Yin. |
| ❖ LV 3  
  Shu and Yuan point. Nourishes the Liver, calms the fire. |
| ❖ HT 7  
  Shu and Yuan point. To cool off the heart fire. |
| ❖ GB 39  
  Marrow converges here and can be used to nourish the essence deficiency |

**Kidney Yin Xu**

| - Irregular cycle followed by menopause  
- Weakness of low back and knees  
- Dizziness, tinnitus  
- Hot flash, palm heat, night sweats, low-grade fever  
- Dry throat, desire to sip water |
|-------------------------------------------------------------|
| T: Thin, small, red  
C: Less or peeled  
P: Thin, fast; weaker in both rear |
| **Nourish KID Yin, Remove Xu Heat** |
| Basic +  
KID-6  
KID-1 (may be w/ moxa) |

Add cracking to the tongue.
Add KI 3 to the list of points. You can add KI 10 for a strong point too (He Sea point). What you use depends upon how severe the Yin xu is.

Kidney controls reproduction as well as different internal/external organs, including the uterus. Kidney yin or essence xu cannot nourish so uterus gets deficient. Chong and Ren connect to the uterus. Uterus has less essence/blood now, so Chong will also be deficient…therefore no menstrual bleeding since Chong is the Sea of Blood/Blood Ocean and is now deficient. Ren is also deficient since it also comes from the uterus. Ren governs preggers, which is why there is no pregnancy now.

Liver Yang Rising due to Liver and Kidney Yin Xu

- Irregular cycle followed by menopause
- Headaches, hypertension/high bp; dizziness, vertigo
- Irritability, restlessness, anger, insomnia
- Lower back pain
- Dry eyes

T: Red C: Yellow, or less
P: Thin, wiry, fast

Subdue Liver Yang, Nourish LIV and KID Yin

Basic +
LIV-3; SJ-5;
GB-21, 20
DU-20 may also be added

Look for dizziness, vertigo, more emotional syndromes. Red face too. Pulse is wiry (excess).

Liver 3 is very important.
GB 20 for wind syx.
GB 21 (Dai Channel) and SJ 5 both connect to the Yang Wei meridians. Yang Wei also connected to Dai Channel which will regulate the vertigo/dizziness since it regulates the upper/lower disharmony. Can also use SJ 5 and GB 41 for this same connection (and with red face, dizziness, vertigo)

Heart and Kidney Disharmony

Fire is too strong, cannot reconcile with the Kidney’s water. A cycle of badness!

- Chronic onset
- Irregular cycle followed by menopause
- Palpitations, anxiety, restlessness; insomnia, dream-disturbed sleep
- Lower back pain, weakness of knee
- Night emissions: incontinence, …

T: Red C: Less coat
P: Thin, fast; floating; or surging

Nourish Yin, Harmonize HT and KID

Basic +
KID-6; HT-6; P-6
UB-15

Thin, fast pulse is typical for this.

UB 15, Heart back shu point, is good for this as is Kid 6 to nourish the Yin.
HT 6 – Xi cleft of the heart for severe symptoms. Sleep, dds, irritability.
**Kidney Yin Xu with Bone and Joint Disorders**

Be able to differentiate between this and Kidney Yin Xu! Treatment is different. This implies osteoporosis. Note the absence of Liver points compared to the prior!

Lumbar and knee complaints are the most common. Some may say they have pain all over the body. May have been to the doc for Xray and CT. May have bone spurs or bridges between the vertebrae.

Cervical, shoulder and lumbar are often due to menopause.

| - Irregular cycle followed by menopause          | Fortify KID, Strength Bone                        |
| - Many joint pain Sx: knee, shoulder, …         | --------                                      |
| - Degeneration of vertebrae, OA                 | Basic +                                       |
| - Bone spurs; neuroma (pain of dorsal aspect of foot) | GB-39 (hui marrow) |
| - Sciatic pain, lower back pain                 | UB-11 (bone)                                  |
| - Bones easily fracture, steaming bone heat     | DU-15, 16 (sea of marrow)                     |

T: Thin, red  C: Less  P: Thin, deep, weak; may be fast

Most important:
- GB 39 for bone and marrow nourishment/strengthening.
- BL 11 the Hui of Bone
Liver 8 also to nourish Liver Yin and Blood. Could also use 4 gates. This is related to Liver circulation, so these are appropriate.

**Kidney Yang Xu**

Lots of Cold signs, not so much heat.
Look for edema and cold sx. Can also have profuse clear urination – very Yang xu. Water is more clear and cold in the winter. Early morning diarrhea too.
Moxa at Ren 4 and Du 4 is very helpful. Ren 6 if just a Qi xu. **Make sure no heat signs!!!**

In some states you can use embedded needle technique – small curved surgical needle with a special thread left under the skin. The thread is catgut which is slowly absorbed by the body. This used at UB 23 to keep stimulating the point. Can last for months. Good for menopause syndrome.

**Review:**
- Menopause is not a disease! Watch for a T/F or M/C question.
- Symptoms of menopause syndrome
  - Know these for the first page of these notes. Look for these on fill-in-the-blanks near you!
    - Irregular cycles
    - Yin xu signs
    - Shen and emotional disorders
    - Bone and joint problems.
    - Vaginal dryness and atrophy
- Basic points
  - Look for these as fill in the blanks too.
Mastitis/Breast Abscess
Ru Yong

Biomedical Overview
By definition this is an acute inflammation of the breast. The etiology is infection of all kinds, but especially bacterial infection by staphylococcus. Staphylococcus is often located in the anterior part of the nose. Causes no problem here, but lots other places! Other causes are trauma and irritation.

Symptoms include redness, swelling, hot in local area, and pain.

It is classified as intrinsic or extrinsic. Internal/intrinsic mastitis can be staged this way:
1) Precursory stage – beginning. Mild red and mild fever.
2) Progressive stage – middle. Very severe. Very red, swollen, very painful. This is an excess. Chinese herbs are effective in this stage, though better to catch it early.
3) Chronic stage – untreated, long term mastitis = fistula. Pus cannot discharge easily, so goes through the skin in sort of a tube.

This is often diagnosed by blood test and treated by antibiotics (cephalexin). Bear in mind that both antibiotics and Chinese herbs can transfer directly to the baby in the breast milk! Mom must stop feeding baby during treatment. First time mothers who nurse are most likely to develop mastitis.

Refer them to Mother’s Milk Bank at Austin: 494-0800. 900 East 30th St, Ste 214, 78705. The milk is treated so that allergies don’t transfer/trigger.

TCM Etiology
- Improper breast feeding
  Again, usually happens to first time moms. May not know proper feeding. May also be teeth irritating the breast tissue. This is exterior.
- Emotional disorder
  Liver related, leads to Qi congestion.
- Overworking
  Makes you weaker, yin xu, causing more (deficient) heat.

TCM Mechanism

Blockage and heat accumulation in the Yang Ming Channel
Bear in mind that this is a channel syndrome, not an organ syndrome! This is probably a T/F question on the coming tests, could also be fill in the blank. Yangming channel is distributed directly through the breast (See ST 17).
Differential Diagnosis and Treatments

This can be the result of a deficiency or an excess. Excesses include Liver Qi Stagnation, Heat in the Yangming channel and Qi/Blood Stagnation and Phlegm. Deficiency is more in the chronic stage, but that’s all.

Basic Points

GB-21; ST-18; LI-7; SI-1, 9, 11

- GB 21 is connected to Yang Wei, which clears heat and treats fever and also helps relieve congestion.
- ST 18 is a local treatment for breast problems. Best used with little heat signs. Use this point carefully. You need good sterilization or you could spread the bacteria. After you treat this, the needle is contaminated!!!
- LI 7 is the Xi Cleft – good for the pain. You could bleed or reduce here. Esp for acute swelling, pain of breast, head, throat.
- SI 1 is very widely used point to help breast discharge. Milk is the purest fluid…small intestine separates the pure from the turbid.
- SI 9 help relieve the congestion along with GB 21 and SI 11. Meridian qi goes from trunk to arm here.
- SI 11 help relieve the congestion along with GB 21 and SI 9. Scapular area where a lot of Qi congests.
- ST 34 – Xi cleft of the Stomach channel. Combine it with LI 7 to strongly clear the heat.

Liver Qi Stagnation

This is the initial stage of mastitis.

<table>
<thead>
<tr>
<th>INITIAL STAGE</th>
<th>LIV Qi Yu</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Acute</td>
</tr>
<tr>
<td></td>
<td>- May not see a lot of Heat signs, more Qi, Yu, Sx</td>
</tr>
<tr>
<td></td>
<td>- Related to emotional d.o.: irritability, weeping, sighing, depression, stress</td>
</tr>
<tr>
<td></td>
<td>- Severe distention in the breast / engorgement</td>
</tr>
<tr>
<td></td>
<td>- Hypochondriac pain</td>
</tr>
<tr>
<td></td>
<td>- Slight or low fever</td>
</tr>
<tr>
<td></td>
<td>- Decreased appetite (d/t LIV→SP)</td>
</tr>
<tr>
<td></td>
<td>- Swelling of breast</td>
</tr>
<tr>
<td>T: Normal, or red tip and sides, C: Thin white or thin yellow, P: Wiry, or wavy &amp; fast</td>
<td></td>
</tr>
</tbody>
</table>

Soothe Liver Qi, Promote circulation

Basic +
- 4 gates
- GB-34, 22, 23
- UB-18

If heat signs: add LIV-2, GB-41

Tuina – rubbing/massage in circular motions w/ heat is very effective! (no ice pack!)

- GB 34 is very helpful
- 4 gates to soothe the Liver.
- GB 22, 23 is local to the Liver.
- UB 18 Liver Back Shu point.
- LV 14 also very helpful. Sometimes instead of 4 gates. Can alternate with 4 gates for good effect.
Accumulation of Heat or Toxic Heat in Yangming Channel
Middle stage of mastitis.

<table>
<thead>
<tr>
<th>MIDDLE STAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accumulation of heat or Toxic Heat in YM Channel</td>
</tr>
<tr>
<td>- 4 Greats: thirst, fever, sweat, pulse</td>
</tr>
<tr>
<td>- Desire for cold drinks, chills</td>
</tr>
<tr>
<td>- Constipation, dark yellow urination</td>
</tr>
<tr>
<td>- Locally: redness, swelling, hot sensation, burning or distending severe pain – may have local infection</td>
</tr>
<tr>
<td>T: Red</td>
</tr>
<tr>
<td>C: Yellow</td>
</tr>
<tr>
<td>P: Forceful, slippery, rapid</td>
</tr>
</tbody>
</table>

Remove Heat/Toxic Heat from YM Channel

- LI-4, 11; DU-14
- ST-44, 45; SJ-6

Herbal paste: Wu Wei Xiao Du Yin – apply fresh herbal paste on local area and change every 2-3 hrs (herbs will dry out)
[Common herbal Rx for acute toxic heat infections.]

SJ 6 if patient has constipation

Qi and Blood Stagnation with Retention of Phlegm
This is the last stage of the disease.

<table>
<thead>
<tr>
<th>LAST STAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi &amp; Xue Yu w/ Retention of Phlegm</td>
</tr>
<tr>
<td>- May not have fever and chills</td>
</tr>
<tr>
<td>- Will have discharge of pus w/ a hard mass inside</td>
</tr>
<tr>
<td>- Distending pain</td>
</tr>
<tr>
<td>- Pain is fixed, worse at night</td>
</tr>
<tr>
<td>T: Normal, or purple</td>
</tr>
<tr>
<td>P: Wiry, hesitant, or slippery</td>
</tr>
</tbody>
</table>

*Toxic H causes erosion of body tissue (flesh, muscle) and forms pus [according to Nai Jing, Chp. 81]*
*Toxic H consumes jin ye, makes fluids thicker and this is considered Phlegm retention*

Promote circulation, Remove Phlegm

- Basic +
- 4 gates
- SP-9; ST-40
- SP-10; UB-17 (move Xue)

Look for all kinds of phlegm. Use SP 9 and ST 40 to help. SP 10 and UB 17 are the basics to move the Blood.

Chinese herbal formula to help: Bai hu tang – White tiger decoction. Clrs the ST yangming heat. Has Shi Gao in it which is extremely cold.

Food treatments: stop the milk production. Gu Ya and Mai Ya. Use at least 100 grams, put it in rice, consume it.

See the case study document for the pertinent study materials.