



5. Irregular Menstrual Cycle (Yue Jing Shi Tiao)

Key Symptoms: alternation of the menstrual cycle and quantity of blood flow

TCM Etiology: emotional stress such as anger, frustration or resentment, overwork, too many children too close together

Relevant Western Diseases:

Polycystic Ovarian Syndrome
Thyroid disorders
Uterine Fibroids
Endometriosis
Eating disorders
Cervical and endometrial cancer

TCM Pathophysiology:

1. Liver Qi Stagnation due to emotional stress leads to obstruction in the Conception and Thoroughfare Vessels. When Qi stagnates, Blood stagnates as well. The Sea of Blood (Thoroughfare Vessel) can't fill the uterus and periods become irregular
2. Overwork or too many children too close together lead to Kidney Deficiency. Long-term Kidney Deficiency depletes the Conception and Thoroughfare Vessels. The Sea of Blood (Thoroughfare Vessel) can't fill the uterus and the periods become irregular

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Liver Qi Stagnation	Irregular periods with scanty bleeding with some clots, abdominal and breast distension, PMS, depression, irritability	T: normal color or slightly red P: Wiry	Pacify the Liver, move Qi, eliminate Stagnation and regulate the periods	Reducing or Even: LR3, TE6, PC6, LR14, CV4, CV6, SP4	Herbal Rx: Xiao Yao San (Free and Easy Wanderer Powder) Lifestyle changes: meditation, stress relief
Kidney Yang Deficiency	Irregular period that are scanty with pale menstrual blood, no clots, backache, dizziness, tinnitus, feeling cold	T: pale and swollen P: Weak, Deep	Tonify and warm the Kidneys, regulate the periods, consolidate the Conception and Thoroughfare Vessels	Tonification: BL23, CV4, KI3, LU7, KI6, ST36, SP6	Herbal Rx: Jin Gui Shen Qi Wan Moxibustion
Kidney Yin Deficiency	Irregular and scanty periods, dizziness, blurred vision, night sweating, feeling of heat in the evening	T: red, without coat P: Floating, Empty or Fine and Rapid	Nourish Yin, tonify the Kidneys, consolidate the Directing and Penetrating Vessels	Tonification: LU7 (right), KI6 (left), CV4, KI3, SP6, CV7	Herbal Rx: Liu Wei Di Huang Wan (Six Ingredient Rehmannia Pill) Zuo Gui Yin (Restoring the Left Kidney) Lifestyle changes: reduce overwork and make sure resting adequately