



#### 4. Late Menstrual Periods (Yue Jing Hou Qi)

**Key Symptoms:** menstrual cycles that are later than 8-9 days or once every 40-50 days

**TCM Etiology:** hemorrhage, irregular diet, overexertion, overindulgence in raw and cold food, exposure to rain and cold during the menstrual periods, emotional depression, stress, hereditary Kidney weakness or Choppy pulse

*Relevant Western Diseases:*  
**Polycystic Ovary Syndrome**  
**Stress**  
**Perimenopause**  
**Diabetes or Thyroid disease**  
**Pituitary Tumor**

**TCM Pathophysiology:**

1. Chronic blood loss, irregular diet and overexertion injure the Spleen and Stomach leading to Qi and Blood Deficiency. Blood Deficiency leads to insufficient Blood in the Thoroughfare and Conception vessels, hence the postdated menstrual cycles
2. Exposure to cold or consumption of cold raw foods leads to pathogenic Cold in the Thoroughfare and Conception Vessels, which blocks the flow of Blood and leads to menstrual cycle delays
3. Emotional depression and overwork lead to Qi stagnation. Stagnated Qi impairs the smooth flow of Blood which leads to abnormal function of the Thoroughfare and Conception Vessels. The Sea of Blood cannot be filled up at the regular time, leading to postdated menstrual cycles

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
<b>Blood Deficiency</b>	Scanty, light red menses in delayed cycle, empty painful feeling in the lower abdomen, emaciation, a sallow complexion, lusterless skin, dizziness, blurred vision, palpitation and insomnia	<b>T:</b> pale and thin <b>P:</b> Weak, Thready, Choppy	Replenish Qi, nourish Blood, regulate the periods	<b>Tonify:</b> CV4, CV6, SP6 <b>Dizziness &amp; blurred vision:</b> GV20 <b>Palpitations &amp; insomnia:</b> HT7	<b>Diet Therapy:</b> foods that nourish Spleen Qi and build Blood  <b>Herbal Rx:</b> Ren Shen Yang Rong (Ying) Tang (Ginseng Nourishing and Flourishing Decoction) Da Bu Yuan Jian (Great Tonifying the Original (Qi) Decoction)
<b>Full Cold in the Uterus</b>	Scanty and dark colored menses in delayed cycle, pain in the lower abdomen that is slightly alleviated by warmth, cold limbs, abdomen that is very tight on palpation	<b>T:</b> pale + thick, white coat <b>P:</b> Deep, Slow, Full and Tight	Warm the uterus, scatter Cold, regulate the periods	<b>Full Cold – Reduce/Empty Cold – Tonify:</b> CV4, CV6, ST29, SP8, SP6, ST36, GV4, BL32, ST25	<b>Moxibustion is mandatory</b> <b>Diet Therapy:</b> avoid cold energy foods and ice cold drinks. Drink a decoction of fresh ginger and brown sugar every day <b>Herbal Rx:</b> <b>Excess Cold:</b> Wen Jing Tang (Warming the Menses Decoction)  <b>Deficiency Cold:</b> Ai Fu Nuan Gong Wan (Artemisia-Cyperus Warming the Uterus Pill)
<b>Empty Cold in the Uterus</b>	Scanty bleeding with small, dark and stringy clots, painful periods, abdominal pain that is relieved by application of both heat and pressure, abdomen that feels loose on palpation, tiredness, feeling cold	<b>T:</b> pale <b>P:</b> Deep, Weak, Slow	Tonify Yang, expel Cold, regulate the periods		
<b>Qi Stagnation</b>	Scanty dark red menses in delayed cycle, distending pain in the lower abdomen, mental depression, stuffy chest that is alleviated by belching, distention in hypochondrium and breast region	<b>T:</b> normal or slightly red on the sides <b>P:</b> Wiry	Pacify the Liver, move Qi, eliminate stagnation, invigorate Blood, regulate the periods	<b>Reduce or Even:</b> SP4 (right), PC6 (left) LR3, LR14, KI14, TE6, SP6, CV4, CV6, PC7	<b>Diet therapy:</b> reduce caffeine, processed foods, refined foods and sugar  <b>Herbal Rx:</b> Xiao Yao San (Free and Easy Wanderer Powder), Chai Hu Shu Gan Tang (Bupleurum Pacifying the Liver Decoction)