



6. Menorrhagia (Yue Jing Guo Duo)

Key Symptoms: heavy periods that occur regularly and last the customary 5 days or thereabouts that are heavier than normal. The average blood loss during a menstrual cycle is 30-80ml. Heavy periods may start with a gush of blood or if the woman has to make very frequent changes of the protective devices. This is bleeding during the 5 days of a menstrual cycle and not Flooding and Trickling (Beng Lou) which is characterized by heavy bleeding for a long time after the period ends

	Amount	Timing	Cycle
Heavy Periods	More than normal	During the normal period time	Regular
Flooding and Trickling	Very heavy, flooding, sudden onset Long trickle	Can occur outside the normal period time (before and/or after)	Irregular

TCM Etiology: excessive physical work, including exercise or sports, emotional stress, irregular diet, external Heat, surgery, post-partum conditions, consumption of hot spicy foods and alcohol

TCM Pathophysiology:

1. Deficient Spleen Qi fails to hold Blood, the Conception and Penetrating Vessels are weakened and then the period becomes heavy
2. Qi Stagnation transforms Heat and eating hot spicy foods or alcohol or external Heat leads to Heat in the Blood. Agitated Blood spills out of the vessels and gives rise to heavy periods
3. Qi stagnation turns into Blood Stasis rather than Fire or Blood Stasis from surgery or post-partum obstructs the Conception and Penetrating Vessels, in which cases new Blood can't enter the channels hence the bleeding and heavy periods

Relevant Western Diseases:

Hormone Imbalance
Uterine Fibroids
Polyps
Adenomyosis
Intrauterine device
Cancer

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Qi Deficiency	Heavy periods, pale and diluted blood, a pale complexion, tiredness, palpitations, shortness of breath	T: pale P: Weak	Tonify and raise Qi, contain Blood, consolidate the Penetrating Vessel	Tonify: GV20, CV12, CV6, ST36, SP6, BL20, BL23	Moxibustion Herbal Rx: Ju Yuan Jian (Raising the Original (Qi) Decoction) Bu Zhong Yi Qi Tang (Tonifying the Center and Benefiting the Qi Decoction) Gui Pi Tang (Tonify the Spleen Decoction)
Blood Heat	Heavy period, bright red or dark red blood that is dense, mental restlessness, anxiety, a feeling of heat, thirst, dark urine, headaches	T: red with redder sides P: Rapid and Overflowing	Clear Heat, cool Blood, stop bleeding	Reducing: SP4 (right), PC6 (left), LI11, SP10, KI2, LR3, SP6, BL17, SP8	Herbal Rx: Bao Yin Jian (Preserve the Yin Decoction)
Blood Stasis	Heavy period with dark-clotted blood, painful period, abdominal pain which is worse with pressure and better after passing menstrual clots	T: purple P: Wiry	Invigorate Blood, eliminate Stasis, stop bleeding, regulate the periods	Reducing or Even: SP4 (right), PC6 (left), SP10, BL17, SP8, SP6, CV6, KI14, ST29, LR3,	Moxibustion if Stasis is caused by Cold Moderate exercise to move Blood Stasis Herbal Rx: Si Wu Tang + Shi Xiao San