



## 7. Prolonged Periods (Jing Qi Yuan Chang)

**Key Symptoms:** prolonged bleeding which may last 7-10 days, cycle is regular and the amount of bleeding may not be excessive

<u>Menorrhagia</u>	<u>Prolonged Bleeding</u>	<u>Flood and Trickle</u>
Normal amount of blood, regular cycle	Excessive bleeding, regular cycle	Excessive bleeding at times, irregular cycle

**TCM Etiology:** emotional stress, overwork, too many children too close together

*Relevant Western Diseases:*

*Uterine fibroids or polyps*  
*Adenomyosis*  
*Thyroid disorders*  
*Von Willebrand's disease*  
*Hemophilia*  
*Pelvic inflammatory disease*  
*Cancer*

### TCM Pathophysiology:

1. Persistent Liver Qi Stagnation for some years leads to Liver Blood Stasis, which results with obstruction in the Conception and Penetrating Vessels, which leads to Stagnant Blood that prevents the flow of fresh Blood. Fresh Blood has nowhere to go and the periods last longer time
2. Yin Deficiency leads to Empty Heat which agitates the Blood in the Penetrating Vessel and periods last longer than normal

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
<b>Qi and Blood Stagnation</b>	Long periods that are scanty with dark blood and clots, depression, irritability, abdominal pain and distension	<b>T:</b> purple <b>P:</b> Wiry	Move Qi, invigorate Blood, eliminate Stagnation, regulate the periods	<b>Reduce or Even:</b> SP4 (right), PC6 (left), SP10, BL17, SP8, SP6, CV6, KI14, ST29, LR3	<b>Moxibustion if Blood Stasis is from Cold</b> Psychotherapy, manage emotions, meditate, yoga, Tai Chi, Qi Gong <b>Herbal Rx:</b> Si Wu Tang + Jin Ling Zi San
<b>Kidney Yin Deficiency with Empty Heat</b>	Long periods with scanty blood, a dry throat, malar flush, night sweating, dry stools	<b>T:</b> red, without coat <b>P:</b> Floating- Empty	Nourish Yin, strengthen the Kidneys, clear Empty Heat, stop bleeding, regulate the periods	<b>Tonify:</b> LU7 (right), KI6 (left), CV4, KI3, SP6, KI2 + SP8 (Even only)	No moxibustion Don't overwork, adequate rest <b>Herbal Rx:</b> Liang Di Tang (Two 'Di' Decoction) + Er Zhi Wan(Two Solstices Pill)