



8. Scanty Periods (Yue Jing Guo Shao)

Key Symptoms: very light bleeding that lasts only 2-3 days or is extremely sparse like a small drip or if a few changes of sanitary towels/pads or tampons are required. Important to ask about the amount of bleeding in details as most do not see scanty bleeding as a problem

TCM Etiology: chronic illness, hemorrhage, irregular diet, overwork, hereditary weakness, too many children too close together, traumas, abdominal surgery, emotional stress, cold, physical overwork or contraceptive pills

Relevant Western Diseases:

Underweight
Eating disorders
Birth control overuse or misuse
Polycystic Ovary Syndrome

TCM Pathophysiology:

1. Prolonged use of the contraceptive pills or weak Spleen that cannot produce adequate Blood for the Liver
2. Kidney Yin (or Yang) Deficiency due to overwork and age that consumes the Kidney Yin. Generally seen in older woman. Or, hereditary Kidney Deficiency in younger women
3. Long-term Blood Deficiency leads to Blood Stagnation which blocks the menstrual blood leading to scanty periods
4. Weak Spleen Qi doesn't transform or transport Fluids leading to pathological Fluid Accumulation > Damp > Phlegm which obstructs Blood flow in the uterus

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Blood Deficiency	Scanty periods with pale and diluted blood which may only be a drip along with dizziness, palpitations, poor memory, a dull, pale complexion	T: pale and thin or swollen (if there is underlying Damp) P: Choppy or Fine	Nourish Blood, strengthen the Liver, fill the Penetrating Vessel, regulate the periods	Tonify: CV4, LR8, ST36, SP6, BL20, BL23, BL18	Moxibustion Diet Therapy: decrease processed foods, cold and raw foods that can injure the Spleen, include foods that strengthen Spleen and build Blood Herbal Rx: Ba Zhen Tang (Eight Treasures Decoction)
Kidney Yang Deficiency	Scanty period with pale blood, backache, knee ache, dizziness, tinnitus, frequent and pale urination	T: pale and swollen P: Deep and Weak	Tonify Yang, strengthen the Kidneys, nourish Blood, regulate the periods	Tonify: BL23, CV3, KI13, LR8, KI3, SP6, ST36, GV4	Moxibustion Diet Therapy: increase on warming foods like soups, stews, lamb, beef, cooked vegetables and fruit, decrease on cold and raw foods Herbal Rx: Gui Shen Wan (Restore the Kidneys Pill) or Shi Quan Da Bu Tang (All-Inclusive Great Tonifying Decoction)
Kidney Yin Deficiency	Scanty periods, dizziness, tinnitus, feeling of heat, a dry throat, night sweating	T: red, without coat P: Floating, Empty or Fine, Rapid	Nourish Kidney Yin, nourish Blood and Essence, regulate periods	Tonify: LU7 (right), KI6 (left), KI3, SP6, CV4, ST36	Warm needle at SP6 and KI3 if there is no Empty Heat symptoms Herbal Rx: Zuo Gui Wan (Restore the Left Kidney Pill)
Stasis of Blood	Scanty periods with dark blood and clots, painful periods, abdominal pain which is better after passing clots	T: purple P: Wiry	Invigorate Blood, eliminate Stasis, regulate the periods	Reducing: SP4 (right), PC6 (left), SP10, BL17, SP6, KI14, CV6, CV4, ST29	Moxibustion if the tongue is bluish purple Herbal Rx: Tao Hong Si Wu Tang (Four-Substance Decoction with Safflower and Peach Pit), Ge Xia Zhu Yu Tang (Drive Out Stasis Below the Diaphragm Decoction); If Blood Stasis is from Cold: Shao Fu Zhu Yu Tang (Drive out Stasis from the Lower Abdomen Decoction)
Phlegm obstructing the Uterus	Scanty periods with a brownish discharge, obesity, a feeling of oppression of the chest, excessive vaginal discharge, periods that stop and start, tiredness, a feeling of heaviness	T: swollen P: Slippery	Resolve Phlegm, dry Damp, tonify Spleen and regulate the periods	Reduce or Even: LU7 (right), KI6 (left), ST28, CV9, BL22, BL32, SP9, SP6 Tonify: CV12, BL20, CV4	Moxibustion if there are cold signs Diet Therapy: no cold and raw foods, no dairy, increase on grains like barley, millet and Spleen-tonifying foods