CHAPTER CONTENTS

Chapter 1: How to use this book

Chapter 2: Basic theories of Chinese medicine gynaecology and infertility

- 3 The fundamental importance of the Kidney in reproductive life
- 3 The other zangfu
- 3 Yin yang theory and the menstrual cycle

The four stages of the menstrual cycle

- Stage 1: Purging of blood through the period, days 1-5 (maximum 7 days)
- 4 Stage 2: Postmenstrual growth of blood and yin (follicular phase), days 6-13
- 4 Stage 3: Ovulation, days 14-15
- 4 Stage 4: Premenstrual, luteal phase, days 16-28
- 5 Notes on using the BBT to refine diagnosis and treatment
- 5 Common disharmonies of the reproductive system
- 6 Fundamental treatment strategies with Chinese medicine

CHAPTER 3: Core strategies for treating female infertility

- 7 Aetiology and pathogenesis
- 8 Kidney yang deficiency
- 10 Kidney yin deficiency
- 12 Liver qi stagnation
- 13 Stagnation of phlegm-damp
- 14 Blood stasis
- 14 Blood stasis due to cold
- 16 Blood stasis with heat
- 17 Clinical notes
- 17 Biomedicine
- 17 History and physical examination
- 17 Ovulatory assessment
- 18 Menstrual history and BBT
- 18 Progesterone
- 18 Urinary luteinising hormone
- 18 Transvaginal ultrasonography
- 18 Other evaluations
- 18 Ovarian reserve
- 19 Cervical factors
- 19 Uterine abnormalities
- 19 Tubal potency
- 20 Peritoneal factors

Part One: Disorders of Menstruation

Chapter 4: Regulating the period using Tiao Jing Fang (Regulate the Menses Formula)

- 25 Clinical notes
- 26 Tiao Jing Fang (Regulate the Menses Formula)
- 26 Modifications
- 26 Scanty bleeding
- 26 Heavy bleeding
- 27 Dysmenorrhoea

CHAPTER 5: Short cycles

- 29 Aetiology and pathogenesis
- 30 General treatment strategy
- 30 Deficiency of Spleen qi
- 31 Kidney deficiency
- 32 Empty heat from Kidney yin deficiency
- 34 Full heat
- 35 Clinical notes
- 35 Modifications for patients wishing to conceive
- 36 Case study from the clinic of Dr. Yuning Wu: Short cycle with scanty menstruation and secondary infertility
- 39 Case study from the clinic of Celine Leonard: Short cycle with dysmenorrhoea and lower abdominal pain

Chapter 6: Long cycles

- 41 Aetiology and pathogenesis
- 42 General treatment strategy
- 42 Blood deficiency
- 43 Kidney deficiency
- 45 Stagnation of qi and blood
- 46 Stagnation of phlegm-damp
- 47 Blood obstructed by cold
- 49 Case study from the clinic of Dr. Yuning Wu: Long cycle and scanty bleeding
- 51 Case study from the clinic of Celine Leonard: Long cycle and infertility
- 54 Case study from the clinic of Esther Denz: Long cycle, unexplained female infertility and PMS

Chapter 7: Irregular cycles

- 57 Aetiology and pathogenesis
- 58 General treatment strategy
- 58 Kidney deficiency
- 59 Liver qi stagnation
- 61 Kidney deficiency with Liver qi stagnation
- 62 Case study from the clinic of Dr. Yuning Wu: Irregular cycle with PCOS and infertility

Chapter 8: Menorrhagia

- 67 Aetiology and pathogenesis
- 67 Deficiency of qi
- 69 Blood heat
- 71 Blood stasis
- 72 Clinical notes
- 72 Case study from the clinic of Dr. Yuning Wu: Menorrhagia and infertility
- 75 Case study from the clinic of Celine Leonard: Menorrhagia and myoma

Chapter 9: Scanty bleeding

- 79 Aetiology and pathogenesis
- 80 Blood deficiency
- 81 Kidney deficiency
- 82 Blood stasis
- 84 Stagnation of phlegm-damp
- 86 Clinical notes
- 86 Case study from the clinic of Dr. Yuning Wu: Scanty periods and infertility
- 88 Case study from the clinic of Dr. Yuning Wu: Scanty periods and infertility

Chapter 10: Prolonged periods

- 91 General treatment strategy
- 92 Aetiology and pathogenesis
- 92 Deficiency of qi
- 93 Empty heat from Kidney yin deficiency
- 95 Damp-heat
- 96 Blood stasis
- 97 Case study from the clinic of Celine Leonard: Prolonged menstruation and adenomyosis

Chapter 11: Midcycle bleeding

- 101 Aetiology and pathogenesis
- 101 Differentiation of patterns
- 102 Kidney yin deficiency with empty heat
- 103 Damp-heat
- 104 Blood stasis
- 105 Clinical notes
- 106 Case study from the clinic of Dr. Yuning Wu: Midcycle bleeding and scanty menstruation
- 108 Case study from the clinic of Celine Leonard: Midcycle bleeding and infertility
- 111 Case study from the clinic of Celine Leonard: Midcycle bleeding and dysmenorrhoea

Chapter 12: Abnormal uterine bleeding (beng lou)

- 115 Aetiology and pathogenesis
- 116 General treatment strategies
- 116 Kidney yin deficiency with empty heat
- 117 Kidney qi deficiency
- 119 Spleen qi deficiency
- 120 Blood heat
- 121 Blood stasis
- 123 Clinical notes
- 123 Puberty
- 123 Women of reproductive age
- 123 Perimenopause
- 123 Menopause
- 124 Case study from the clinic of Dr. Yuning Wu: Abnormal uterine bleeding and irregular periods
- 126 Case study from the clinic of Dr. Yuning Wu: PCOS, abnormal uterine bleeding (beng lou) and infertility

Chapter 13: Dysmenorrhoea

- 133 Aetiology and pathogenesis
- 134 Differentiating menstrual pain: overview, timing, quality, location of pain
- 135 Stagnation of qi and stasis of blood
- 136 Excess cold leading to blood stasis
- 138 Damp-heat blocking the lower jiao

Chapter 13: Dysmenorrhoea continued

- 139 Deficiency of qi and blood
- 140 Deficiency of the Kidney and Liver
- 142 Clinical notes
- 142 Modified Tiao Jing Fang (Regulate the Menses Formula)
- 143 Case study from the clinic of Celine Leonard: Dysmenorrhoea and infertility

Chapter 14: Premenstrual Syndrome

Premenstrual emotional symptoms

- 149 Aetiology and pathogenesis of premenstrual emotional symptoms
- 150 Premenstrual emotional symptoms due to Heart blood deficiency
- 151 Premenstrual emotional symptoms due to stagnation of Liver qi/Liver fire
- 152 Premenstrual emotional symptoms due to phlegm-fire disturbing the mind

Headaches associated with the menstrual cycle

- 154 Aetiology and pathogenesis of premenstrual headaches
- 154 Diagnosis of headaches
- Differentiation according to the nature, timing and location of pain
- 154 Treatment principles for cycle related headaches
- 155 Headache due to deficiency of blood
- 156 Headache due to Liver fire arising from yin deficiency
- 157 Headache due to blood stasis
- 158 Headache due to phlegm-damp

Breast pain during the cycle

- 160 Aetiology and pathogenesis of breast pain
- 160 Breast pain due to stagnation of Liver qi
- Breast pain due to deficiency of Liver blood and Kidney yin
- 163 Clinical notes for treating breast pain

Part Two: Gynaecology and infertility

Chapter 15: Amenorrhoea, Anorexia nervosa

Amenorrhoea

- 167 Aetiology and pathogenesis
- 168 Kidney yang deficiency
- 169 Kidney yin deficiency
- 171 Deficiency of qi and blood
- 172 Stomach dryness due to yin deficiency
- 173 Stagnation of qi and blood
- 175 Accumulation of phlegm-damp
- 176 Clinical notes

Biomedicine

- 176 Causes of amenorrhoea
- 177 Anatomical defects
- 177 Evaluation of the patient
- 177 Physical examination
- 177 Blood tests, normal values
- 177 High FSH, low AMH
- 177 TSH
- 177 Elevated prolactin levels
- 178 Normal or low FSH levels
- 178 Hypothalamic amenorrhoea (anorexia nervosa)

- 178 Adrenal hyperplasia
- 178 Case study from the clinic of Dr. Yuning Wu: Amenorrhoea and primary infertility
- 181 Case study from the clinic of Dr. Yuning Wu: Amenorrhoea and polycystic ovary syndrome
- 183 Case study from the clinic of Celine Leonard: Amenorrhoea
- 185 Case study from the clinic of Celine Leonard: Amenorrhoea and infertility

Anorexia nervosa

- 187 Aetiology and pathogenesis
- 187 Deficiency of Spleen qi and Heart blood
- 189 Stagnation of Liver qi and deficiency of Spleen qi
- 190 Liver qi stagnation with accumulation of phlegm
- 191 Clinical notes
- 192 Case history from the clinic of Esther Denz: Amenorrhoea, anorexia nervosa and infertility
- 194 Case study from the clinic of Esther Denz: Anorexia nervosa and infertility

Chapter 16: Polycystic ovary syndrome (PCOS)

- 197 Aetiology and pathogenesis
- 198 Kidney deficiency with stagnation of phlegm-damp
- 201 Kidney deficiency with blood stasis
- 203 Stagnation of phlegm-damp
- 205 Liver qi stagnation with phlegm-fire
- 207 Clinical notes
- 207 Combining Chinese medicine and biomedicine

Biomedicine

- 208 Diagnosis
- 209 Fertility treatment
- 209 Case study from the clinic of Dr. Yuning Wu: PCOS and infertility
- 211 Case study from the clinic of Esther Denz: PCOS with irregular and long cycles and infertility
- 213 Case study from the clinic of Esther Denz: PCOS with amenorrhoea

Chapter 17: Myoma

- 217 Prognosis
- 217 General treatment strategy
- 218 Aetiology and pathogenesis
- 218 Stagnation of qi and blood
- 220 Stagnation of phlegm and blood
- 222 Accumulation of damp-heat
- 223 Clinical notes
- 225 External treatments

Biomedicine

- 225 Menorrhagia
- 225 Infertility

Treatment

- 226 Medication
- 226 Surgical treatment of myomas
- 226 Prognosis
- 227 Case study from the clinic of Dr. Yuning Wu: Myoma and infertility

Chapter 18: Ovarian cysts

- 233 Aetiology and pathogenesis
- 234 Type 1: uncomplicated or simple cysts
- 234 Spleen qi deficiency with stagnation of phlegm-damp

Ovarian cysts continued/uncomplicated or simple cysts

- 235 Accumulation of phlegm and blood stasis
- 237 Damp-heat mixed with blood stasis
- 239 Type 2: echoic cysts containing solid matter
- 239 Stagnation of qi and blood
- 241 Accumulation of phlegm-damp and blood stasis
- 242 Damp-heat mixed with blood stasis
- 244 External treatment for ovarian cysts
- 244 Lifestyle advice

Biomedicine

- 245 Functional cysts
- 245 Pathological or 'inclusion' cysts
- 245 Epidemiology
- 245 Types of ovarian cysts
- 245 Clinical symptoms
- 245 Treatment
- 246 Caution: ovarian cancer
- 246 Case study from the clinic of Dr. Yuning Wu: Ovarian cyst and infertility

Chapter 19: Endometriosis and adenomyosis

Endometriosis

- 250 Prognosis
- 250 Aetiology and pathogenesis
- 251 Stagnation of qi and blood
- 253 Blood stasis due to cold
- 255 Blood stasis due to heat
- 257 Combined stagnation of phlegm and blood
- 258 Blood stasis due to qi deficiency
- 260 Kidney deficiency and blood stasis
- 262 Treating during the period
- 263 Promoting fertility
- 264 Clinical notes
- 265 External treatments for endometriosis and adenomyosis

Biomedicine

- 266 Aetiology and pathogenesis
- 266 Retrograde menstruation
- 267 Metaplasia
- 267 Immunologic factors
- 267 Pathology
- 267 Clinical presentation
- 267 Pelvic pain
- 267 Infertility
- 267 Other symptoms
- 267 Diagnosis
- 268 Classification
- 268 Treatment
- 268 Medical treatment
- 268 Surgical treatment laparoscopy
- 268 Other surgery for endometriosis associated pelvic pain
- 269 Surgery for the management of infertility
- 269 Ovarian stimulation and IVF in endometriosis related infertility

269 Integrating Chinese medicine and biomedicine

Adenomyosis

269 Symptoms and prevalence

270 Diagnosis

270 Treatment

270 Surgery

270 Fertility

270 Case study from the clinic of Dr. Yuning Wu: Endometriosis and infertility

272 Case study from the clinic of Dr. Yuning Wu: Adenomyosis, adenomyoma and infertility

275 Case study from the clinic of Esther Denz: Endometriosis with dysmenorrhoea and heavy bleeding

Chapter 20: Luteal phase defect

281 Definition

282 Aetiology and pathogenesis

282 Kidney yang deficiency

284 Kidney yin deficiency

286 Kidney deficiency with Liver qi stagnation

287 Clinical notes

Biomedicine

288 Definition

288 Prevalence and incidence

288 The corpus luteum

288 Pathophysiology

289 Poor follicle production

289 Corpus luteum failure

289 Poor endometrial response

289 Other causes

289 Diagnosis

289 Endometrial biopsy

289 Serum progesterone levels

289 BBT chart

290 Treatment

290 Progesterone supplementation

290 Onset and duration of treatment with progesterone

290 Ovulation induction for inadequate folliculogenesis

290 Monitoring treatment effect

291 Case study from the clinic of Dr. Yuning Wu: Luteal phase defect and recurrent spontaneous miscarriage

Chapter 21: Luteinised unruptured follicle syndrome

295 BBT chart

296 Aetiology and pathogenesis

296 Kidney deficiency with blood stasis

298 Liver qi stagnation with Kidney deficiency

300 Deficiency of the Liver and Kidney

302 Damp-heat with blood stasis

304 Clinical notes

Biomedicine

305 Definition

305 Diagnosis

305 Incidence

305 Aetiology and pathogenesis

Luteinised Unruptured Follicle Syndrome continued/Biomedicine

305 Treatment

306 Case study from the clinic of Dr. Yuning Wu: LUFS, PCOS and hyperprolactinaemia

Chapter 22: Hyperprolactinaemia

- 311 Aetiology and pathogenesis
- 312 Liver qi stagnation with Liver fire
- 313 Stagnation of phlegm and blood stasis
- 315 Kidney yin deficiency with Liver yang rising
- 316 Deficiency of qi and blood
- 317 Clinical notes

Biomedicine

- 318 Definition
- 318 Incidence and causes
- 318 Idiopathic
- 318 Prolactinoma
- 319 Hypothyroidism
- 319 Other causes of hyperprolactinaemia
- 319 Evaluation of the patient
- 319 Examination
- 319 Blood test
- 319 CT or MRI scan
- 319 Treatment
- 320 Case study from the clinic of Dr. Yuning Wu: Hyperprolactinaemia

Chapter 23: Tubal infertility

- 323 Aetiology and pathogenesis
- 324 General treatment strategy
- 324 Pregnancy
- 325 Stagnation of qi and blood
- 327 Blood stasis combined with phlegm-damp
- 328 Blood stasis and fire toxin
- 330 External treatment
- 330 Herbal enemas
- 331 Herbal compresses
- 331 Prognosis

Biomedicine

- 332 Causes of tubal infertility
- 332 Infections and pelvic inflammatory disease (PID)
- 332 Other causes
- 332 Diagnosis
- Complete blockage of the fallopian tubes at one or more points
- 333 Adhesions/scarring causing partial blockage
- 333 Complete damage of the tubal mucosa and muscular wall (pansalpingopathy)
- 333 Treatment
- 333 Microsurgery
- 333 IVF
- 333 Combination of IVF and microsurgery
- 333 Other considerations
- 333 Case study from the clinic of Dr. Yuning Wu: Tubal infertility

Chapter 24: Diminished ovarian reserve (DOR) and premature ovarian failure (POF)

- 339 Aetiology and pathogenesis
- 340 Kidney yang deficiency with blood stasis
- 342 Kidney yin deficiency and empty heat with blood stasis
- 342 Qi and blood deficiency with blood stasis
- 346 Clinical notes
- 347 Prognosis

Biomedicine

- 349 Incidence
- 347 Aetiology and pathogenesis
- 349 Autoimmunity
- 349 Environmental factors
- 349 Genetic causes
- 349 Diagnosis and assessment of POF
- 349 Reversible POF
- 350 Treatment of infertility in POF
- 350 Case study from the clinic of Dr. Yuning Wu: Premature ovarian failure
- 353 Case study from the clinic of Dr. Yuning Wu: Premature ovarian failure
- 353 Case study from the clinic of Dr. Yuning Wu: Premature ovarian failure

Chapter 25: Recurrent miscarriage

- 358 Aetiology and pathogenesis
- 358 Deficiency of Kidney qi
- 360 Deficiency of qi and blood
- 361 Empty heat due to yin deficiency
- 362 Blood stasis blocking the uterine collaterals
- 365 Clinical notes

Biomedicine

- 365 Definition
- 365 Genetics and age
- 366 Hormonal and metabolic factors
- 366 Infections
- 366 Uterine anomalies
- 367 Inherited thrombophilias
- 367 Male factors
- 367 Lifestyle, environmental and occupational factors
- 367 Antiphospholipid syndrome and other autoimmune and alloimmune factors
- 367 Case study from the clinic of Dr Yuning Wu: Recurrent miscarriage

Chapter 26: Immune infertility and immune recurrent miscarriage

Immune infertility

- 374 Aetiology and pathogenesis
- 374 Kidney yin deficiency with empty heat
- 377 Kidney and Spleen yang deficiency with damp and blood stasis
- 378 Accumulation of damp heat and toxins
- 380 Clinical notes
- 381 Lifestyle advice

Immune-related miscarriage

- 381 Autoimmunity
- 382 Aetiology and pathogenesis
- 383 General treatment strategy
- 383 Kidney deficiency with blood stasis

Immune infertility and immune recurrent miscarriage continued

- 385 Qi and blood deficiency with blood stasis
- 387 Toxic heat and blood stasis
- 389 Clinical notes

Alloimmunity

- 390 Aetiology and pathogenesis
- 391 Kidney and Spleen deficiency
- 392 Kidney and Liver yin deficiency with empty heat
- 394 Patient trials
- 394 Pharmacological research

Biomedicine

- 395 Anti-sperm antibodies (ASA)
- 395 Anti-ovarian antibodies (AOA)
- 395 Beta-cell antibodies (in Diabetes Type I)
- 396 Anti-thyroid antibodies (ATA) Hashimoto's thyroiditis
- 396 Anti-endometrial antibodies (AEA)
- 396 Anti-phospholipid antibodies (APA)
- 396 Clinical criteria
- 396 Laboratory criteria
- 394 Alloimmune factors
- 397 Case study from the clinic of Dr. Yuning Wu: Autoimmune-related recurrent miscarriage
- 399 Case study from the clinic of Dr. Yuning Wu: Alloimmune-related recurrent miscarriage, blocking antibody defect (BAD)
- 402 Case study from the clinic of Esther Denz: IVF failure and unexplained infertility, later confirmed autoimmune infertility

Chapter 27: Using Chinese medicine to support assisted reproductive technology treatment

- 407 How Chinese medicine helps patients undergoing ART
- 408 General treatment strategy
- 408 Supporting IUI cycles with Chinese medicine
- 408 Natural IUI cycles
- 409 Medicated IUI procedures
- 409 Clomiphene citrate IUI cycles
- 410 Aromatase inhibitor IUI cycles
- 410 HMG/FSH with IUI
- 411 Supporting IVF/ICSI cycles with Chinese medicine
- 411 The six stages of treatment to accompany IVF/ICSI
- 411 Adapting treatment to match the IVF protocol
- 410 Preparation: Regulating (tiao)
- 410 Down-regulation: Nourishing (bu)
- 414 Menstruation: Purging (tong)
- 415 Stimulation: Promoting (cu)
- 416 Egg collection: Relaxing (song)
- 417 Consolidating: Astringing (gu)
- 417 When ART cycles fail: guidelines for treatment
- 419 Repeated failed cycles
- 419 Treatment of 'poor responders'
- 420 Treatment for patients who produce many poor quality eggs
- 420 Treatment for a thin endometrium
- 421 Treat the Kidney
- 421 Treat post-natal qi
- 421 Treat blood stasis

Biomedicine

421 Drugs for ovulation induction

- 421 Clomiphene citrate
- 422 Aromatase inhibitors
- 423 Gonadotropins
- 423 Intrauterine insemination (IUI)
- 424 IVF/ICSI treatment
- 424 Long agonist (down regulation)
- 424 Short agonist (down regulation, flare protocol)
- 424 Ultra-long agonist (down regulation for patients with endometriosis/adenomyosis)
- 424 Antagonist
- 425 Response prediction
- 425 Luteal phase support
- 425 Side-effects of ART treatment
- 425 Chromosomal screening
- 425 Patients with advanced reproductive age
- 425 Poor responders
- 426 Severe male infertility
- 426 Case study from the clinic of Dr. Yuning Wu: Repeated IVF failure, PCOS, PMS, OHSS
- 428 Case study from the clinic of Dr. Yuning Wu: Repeated implantation failure (RIF) and diminished ovarian reserve (DOR)
- 430 Case study from the clinic of Dr. Yuning Wu: IVF failure, thin endometrium
- 431 Case study from the clinic of Dr. Yuning Wu: IVF failure, advanced age, diminished ovarian reserve

CHAPTER 28: Ovarian hyper-stimulation syndrome (OHSS)

- 437 Aetiology and pathogenesis
- 439 Deficiency of Kidney and Spleen yang with retention of fluid
- 440 Liver qi stagnation with blood stasis and retention of fluid
- 442 Kidney and Liver yin deficiency with damp-heat and blood stasis
- 440 Clinical notes

Biomedicine

- 445 Pathophysiology
- 445 Risk factors
- 445 Clinical features
- 445 Management
- 446 Prevention
- 446 Case study from the clinic of Dr. Yuning Wu: OHSS, ovarian cyst, PCOS and infertility

CHAPTER 29: Pregnancy care

- 453 Clinical guidelines
- 454 Aetiology and pathogenesis
- 454 Kidney and Spleen yang deficiency
- 456 Deficiency of Kidney and Liver yin
- 457 Acupuncture for nausea and vomiting of pregnancy
- 458 Myoma in pregnancy
- 458 General advice to patients in pregnancy
- 459 Guidance for using herbs in pregnancy
- 459 Herbs forbidden in pregnancy
- 460 Herbs used with caution during pregnancy
- 460 Herbs which are contraindicated when trying to conceive or in early pregnancy
- 456 Assessing research
- 461 How to deal with the contraindicated herbs
- 461 Clinical conclusions