



# Basic TCM Treatments for Menopause



# Definition

It is not a disease but rather a transition. Some women experience no symptoms at all, so medical help comes only if the symptoms affect the woman's life.

The complete cessation of menstruation going from reproductive to non-reproductive phase of her life. This process may take 6-12 months for some women and 2-5 yrs for others. The average age for menopause is 48 to 55 yrs. It is premature if happening before 36 yrs old.

## Causes

The age of occurrence depends on different factors (state of health, smoking, obesity, Kd essence, emotional stress, too many children too close together and of course if Hysterectomy has been performed). In TCM Kd Yin & Yang are normally deficient around that time and should always be addressed during the treatment.

## Tx Options

When treating with herbs, it is common to use 2 formulas at once, a Kd Yin tonic to be taken in the evening and a Kd Yang tonic to be taken in the morning (dosage is according to which one predominates). And if there are other patterns (due to lifestyle & stress), the 3rd formula may be given at lunch time.

Ear acupuncture (Kd, endocrine, subcortex, Shenmen, Ht, sympathetic).

Pattern	Symptoms	Tx principles	Formula	Acupuncture
<b>Kd Yin def. more</b>	Dizzy, tinnitus, night sweat, hot flushes, red cheeks, 5 centre heat, sore back, dry mouth, constipation, insomnia, T: red without coat, P: thin-rapid	Nourish Kd Yin & Kd essence,	<b>Zuo Gui Wan</b>	Lu 7 (R), kd 6 (L), Kd 3, Kd 7, Kd 10, Sp 6, Ht 6.
<b>Kd Yang Def. more</b>	Hot flushes but cold extremities, night sweat only in early morning, pale face, ankle swelling, depressed, backache, fatigue, T: pale-swollen, P: deep-weak	Warm kd Yang, nourish essence, tonify SP	<b>You Gui Wan &amp; Li Zhong Wan</b> (if Sp def. strong)	Bl 20, Bl 23, Bl 52, Kd 3, Kd7Sp 6, Lu 7 (R), Kd 6 (L), and Moxa Rn 4
<b>Kd Yin &amp; Kd Yang equal</b>	Hot flushes but cold extremities, night sweat, frequent-pale urination, irritable, dry throat, cold body, dizzy, tinnitus, backache, T: varies, P: deep	Tonify Kd Yang, Nourish Kd Yin & essence	<b>Er Xian Tang + Er Zhi Wan</b>	Lu 7 (R), Kd 6 (L), Kd 3, Bl 23, Bl 52, Sp 6, Rn 4, Ht 6
<b>Kd &amp; Lv yin def. + LV Yang rising</b>	Very irritable, dizzy, tinnitus, blurred vision, night seat, hot flushes, insomnia, dry eyes & skin, sore back, T: red without coat, P: thin-rapid-wiry	Nourish Yin, calm Lv Yang	<b>Qi Ju Di Huang Wan</b>	Lu 7 (R), Kd 6 (L), Kd 3, Lv 8, Lv 3, Gb 20, Du 20, Pc 7
<b>Kd &amp; Ht disharmony</b>	Hot flushes, palpitations, insomnia, night sweat, dizzy, tinnitus, anxiety, irritable, backache, red cheeks, poor memory, dry stools, T: red no coat, red tip, P: thin-rapid	Nourish Kd Yin, calm Ht mind	<b>Tian Wang Bu Xin Dan</b>	Lu 7 (R), Kd 6 (L), Kd 3, Sp 6, Ht 6, Pc 7, Kd 7, Du 24, Rn 15
<b>Phlegm &amp; Qi stagnation</b>	Overweight woman, feeling of chest fullness, breast distention, irritable, belching, nausea, moody, depressed, T: greasy coat, slight red sides, P: wiry	Move Lv Qi, transform phlegm	<b>Yue Ju Wan</b>	Rn 17, Pc 6, St 40, Rn 6, Sp 9, Sp 6
<b>Blood stasis</b>	Hot flushes, restless, last periods are dark w/clots, insomnia, high blood pressure, T: purple, P: choppy	Move blood, calm the mind	<b>Ge Xia Zhu Yu Tang</b>	Sp 4 (R), Pc 6 (L), Sp 10, Bl 17, Lv 3, Pc 7, Rn 4





# Yin Deficiency in Chinese Medicine



Pattern	Symptoms	Acu Points	Diet	Tips
<b>Yin Deficiency</b>	Ear ringing, dizzy, dry mouth, dry skin, insomnia, night sweat, hot flush worse in evening, irritable, red cheeks, Red tongue without coat, thin-rapid pulse	Kd 6, Lu 7 Ht 6, Ht 7 Kd 7, Sp 6 Kd 2	Millet, barley, black & kidney beans, mung beans, flax oil, blueberry, cucumber, watercress, spirulina, seaweed, black sesame seed	Avoid stress, alcohol, coffee, lamb, or spicy foods. Eat slowly



# Great Foods to Nourish The TCM Kidneys

Black Sesame Seeds



Wild Rice



Black Chia Seeds



Blackberries



SeaWeeds



Black Beans

