Endometriosis and infertility

By Rona Wang & edited by Eddie

Introduction

Endometriosis is a very common (89 millions in the world*) and difficult condition (20-40% of women with infertility and 25% of women using IVF*)) of gynaecological problem. It is a cause of female infertility due to endometrial tissue growing outside of the uterus (Can be grows into uterus muscles–called Adenomyosis) and attacking other organs in the abdominal cavity such as ovaries, fallopian tubes, intestines, uterus-sacral ligaments and the pouch of Douglas, great omentum, urine bladder and recto-vaginal septum etc.

Internal abnormal bleeding causes pelvic cavity inflammation, adhesions and scars; it effects normal pregnant processes such as ovary releasing egg, fimbriated extremity of fallopian picks up egg or normal pathway been blockage by adhesions, and also effects embryo implantation at smooth endometrial, infertility will occur.

Endometriosis is a progressive disease that tends to get worse over time and can reoccur after treatment. Symptoms include painful menstrual periods, abnormal menstrual bleeding and pain during or after sexual intercourse.

Pathogenic mechanism

WSM

The real cause of endometriosis is unknown, but there are five theories relating to its causes.

1. Menstrual blood flowing backwards through the fallopian tube into the abdominal cavity, where the tissue implants & grows then it responses to monthly hormone to bleed.
2. Lymphatic & venous disseminated: Endometrial cells can go through lymph and blood circulation which goes to the lungs, skin, muscles, legs etc while period is bleeding.
3. Coelom epithelization metaplasia theory: Ovary epithelisation, peritoneum of pelvic cavity, pleurae all originate from Coelom epithelisation lymph and veins dissemination, if chronic stimulation by menstruation, inflammation can cause metaplasia endometrial and endometriosis will occur.
4. Immune theory: Small amounts of endometrial cells go to pelvic cavity immune cells and kill them, if the immune system is deficient or counter current of endometrial cells are more than immune cells digested, endometriosis can occur.
5. Genetic factor: Simpson points out: first parental female genetic factor is much higher than control group.

WSM treatment:
The most common approaches are with hormonal therapy, laparoscopic surgery and major surgical management.

Three main hormone drugs:

1. Oral contraceptives have to be taken on a continuous basis. (It stops ovary working and no egg is released)

2. Danazol, a steroid androgen, more substantially suppresses the cyclic changes and thereafter causes atrophy of the endometrial sites. (Androgen as against female hormone, so it interrupts ovary from working)

3. GnRH agonists (Lupron, Synarel, Zoladex) suppresses the ovary by blocking the release of pituitary hormones

*Each drug offers specific benefits although all may produce osteoporosis (bone thinning) with prolonged use.

But laparoscopy is quite useful for diagnosis and treatment. Because it often recurs after laser treatment, Chinese medicine is quite important to use, pregnancy rate is much higher than hormone drugs, and long term use not harm for liver.

**TCM**

Endometriosis of TCM is classified as "Tongjing" (dysmenorrhea) "Zhengja (masses),"buyun "(infertility),"abnormal bleeding" (period disorder) category.

Pain is a main symptom of endometriosis. TCM theory indicates “tongzebutong, butonzetong” -“通则不通,不通则痛” that means if meridians are blocked this can cause pain syndrome; if meridians are unobstructed then no pain .

The main aetiology of endometriosis is blood stasis. Pathology change is “blood goes out of original place (blood vessels—离经之血) and stagnate in Chong & Ren, blood cannot arrive on time and period disorder occur, Meridians, “baogong”(uterus) are blocked therefore causes irregular period, painful period and infertility etc.

From TCM theory, stagnation can come from Kidney deficiency, Spleen deficiency, Liver Qi stagnation, heat coagulating, cold stagnation, and dampness –phlegm blockage; Kidney deficiency plays an important role in endometriosis.

**Differential syndromes:**

1. Cold uterus and blood stasis:
**Main symptoms**: Periods often delay; dysmenorrhoea and hot water bottle on tummy can reduce pain. Low back & limbs pain with coldness, low libido, clear & profuse vaginal discharge, fatigue, cold hands & feet, poor appetite, full easily and stomach bloated, oedema, loose stools and frequent & clear urination.

Swollen pale & light purple tongue with teeth marks and white watery coating; pulse is weak, slow and deep especially on Chi pulse.

**Principle treatment**: Warm uterus by tonify kidney yang, dissipate blood stasis and stop pain.

**Formula & herbs**: <Aifunuangongwan>+

Aいけ( Folium Artemisiae Argyi)、xiangfu(Rhizoma Cyperi)、wuzhuyu(Fructus Evodiae)、rougui(Cortex Cinnamomi)、Danggui(Radix Angelicae Sinensis)、chuanxiong(Rhizoma Chuanxiong)、baishao(Radix Paeoniae Alba)、shudihuang(Radix Rehmanniae)、zhiiuangqi(Baked Radix Astragali )、xuduan(Radix Dipsaci); or plus zhifuzi (Radix Aconiti Lateralis Preparata), zhuling (Polyporus), yanhusuo (Rhizoma Corydalis), ganjiang (Dry ginger).

**Explanation**:

Warm uterus by--- Aiye( Folium Artemisiae Argyi)、xiangfu(Rhizoma Cyperi)、wuzhuyu(Fructus Evodiae)、ganjiang (Dry ginger).

Kidney yang tonics by— rougui(Cortex Cinnamomi), zhifuzi (Radix Aconiti Lateralis Preparata), xuduan(Radix Dipsaci)

Soothing liver Qi & moving blood, regulate menstruation and stop pain--- Danggui(Radix Angelicae Sinensis)、chuanxiong(Rhizoma Chuanxiong)、baishao(Radix Paeoniae Alba) yanhusuo (Rhizoma Corydalis),

Eliminate dampness & stop oedema by--- zhiihuangqi(Baked Radix Astragali )、 zhuling (Polyporus)

*Laboratory research* points out blood moving herbs plus kidney warming herbs can thin blood, reduce fibrinogens (纤维蛋白原) and Hct-hematocrit (血球容积) in blood plasma to improve blood circulation of pelvic cavity to improve pregnancy rate.

**Acupuncture treatment**: Guanyuan with moxa (RN-4), zhongji(RN-3), Mingmen with moxa (DU-4),Shenshu(BL-23),Diji(SP-8), Guilai(ST-29).Yinlingquauan(SP-9), Zusanli(St-36),

1. Liver Qi stagnation and blood stasis:

[Main symptoms]: Dysmenorrhoea worse before and during period, dark red blood with blood clots, unsmooth blood flow either scanty or heavy, company with hypochondrium
pain, distending breast, PMT, depression or upset easily, dark purple or ecchymosis or petechiae tongue with thin white coating; pulse is wiry, taut or choppy.

[Principle treatment]: Soothing liver, invigorate blood and moving stasis to stop the pain

[Formula and herbs]: <Gexiazhuyutang>+
Wulingzhi (Faecs Trogopterori), danggui (Radix Agelicae Sinensis), chuanxiong (Rhizoma Chuanxiong), taoren (Semen Persicae), mudanpi (Cortex Moutan), chishao (Radix Paeoniae Rubra), wuyao (Radix Linderae), yuanhu (Rhizoma Corydalis) gancao (Radix Glycyrrhizae), xiangfu (Rhizoma Cyperi), honghua (Flos Carthami), zhiqiao (Fructus Aurantii); or add chaihu (Radix Bupleuri), baishao (Paeoniae Alba), shanyao (Rhizoma Dioscoreae).

[Explanation]:
Soothing liver Qi & nourish liver blood by— yuanhu (Rhizoma Corydalis), baishao (Paeoniae Alba), xiangfu (Rhizoma Cyperi), zhiqiao (Fructus Aurantii), wuyao (Radix Linderae), chaihu (Radix Bupleuri),
Moving blood stasis by— Wulingzhi (Faecs Trogopterori), danggui (Radix Agelicae Sinensis), chuanxiong (Rhizoma Chuanxiong), taoren (Semen Persicae), mudanpi (Cortex Moutan), chishao (Radix Paeoniae Rubra), honghua (Flos Carthami)
To avoid liver attacks spleen by— shanyao (Rhizoma Dioscoreae), gancao (Radix Glycyrrhizae)---and harmonize whole formula.

*Research shows blood moving herbs decrease inflammation and oedema. They improve blood flow to damaged cells, and increase the phagocytosis of white blood cells and the numbers of immunoglobulins. They help dissolve blood clots in disorders of blood clotting such as APAb’s, those herbs are very good for treating autoimmune system disorder or infertility trigger by endometriosis; herbs like danggui (Radix Agelicae Sinensis), chuanxiong (Rhizoma Chuanxiong), taoren (Semen Persicae), mudanpi (Cortex Moutan), chishao (Radix Paeoniae Rubra) ect.

[Acupuncture treatment]: Taichong(LR-3), Hegu(LI-4), Diji(SP-8), Xuehai(SP-10), Qimen(LR-14), Geshu(BL-17), Zigong(EX-A-21), Ciliao(BL-32).

3. Qi & blood deficiency with blood stasis:

[Main symptoms]: Fatigue, dizziness, dysmenorrhoea worse after period with lower abdominal dull ache, feel better when pressure is applied, scanty period with light in colour, thin in texture combine with pale complexion, poor appetite with loose stools; light colour tongue with thin white coating, pulse is weak and thin.

[Principle treatment]: Reinforce Qi, nourish blood and invigorate qi & blood to stop pain

[Formula and herbs]: <shengyutang>+
Huangqi (Radix Astragali), Dangshen (Radix Codonopsis), danggui (Radix Angelicae Sinensis), chuanxiong (Rhizoma Chuanxiong), baishao (Paeoniae Alba), or add wuyao (Radix Linderae), xiangfu (Rhizoma Cyperi), aiye (Folium Artemisiae Argyi), gaoliangjiang (Rhizoma Alpiniae Offcinarum), duzhong (Cortex Eucommiae) etc.

[Explanation]:

Qi tonic by—Huangqi (Radix Astragali), Dangshen (Radix Codonopsis),

Blood nourishing by—danggui (Radix Angelicae Sinensis), chuanxiong (Rhizoma Chuanxiong), baishao (Paeoniae Alba),

Moving Qi & blood stagnation and warm uterus (and kidney) by—xiangfu (Rhizoma Cyperi), wuyao (Radix Linderae), aiye (Folium Artemisiae Argyi), gaoliangjiang (Rhizoma Alpiniae Offcinarum), duzhong (Cortex Eucommiae) etc.

*Research shows Qi, blood and Kidney tonics strengthen the immune system in general. For example, Huang Qi (Astragali Radix) greatly increases cellular immune function, especially T-lymphocytes and the competence of erythrocytes.

[Acupuncture treatment]: Qihai(RN-6), Xuehai(SP-10), Baihui(DU-20), Zusanli(ST-36), Guanyuan(RN-4), Diji(SP-8), Yinbai(SP-1). Taichong(LR-3), Hegu(LI-4).

4. Liver and kidney yin deficiency with blood stasis:

[Main symptoms]: Dysmenorrhoea with dull abdominal pain during and after period; period bleeding can be heavy or light, red colour company with dizziness, tinnitus, lower back empty pain and sore knees; blurry vision, hair loss, poor memory, tiredness with light reddish tongue thin scanty white coat and deep thread pulse especially weak on chi part.

[Principle treatment]: Nourish liver blood & kidney yin, regular menstruation & stop pain.

[Formula and herbs]: <tiaogantang>+

Danggui (Radix Angelicae Sinensis), baishao (Radix Paeoniae Alba), shanzhuyu (Fructus Comi), bajitian (Radix Morindae Officinalis), ejiao (Opium), shanyao (Rhizoma Dioscoreae), gancao (Radix Glycyrrhizae); or add shudi (Radix Rehmanniae), huangjiang (Rhizoma POLYGONATI), chishao (Radix Paeoniae Rubra), jixueteng (Caulis Spatholobi), xiangfu (Rhizoma Cyperi), chuanlanzi (Fructus Toosendan), guiban (Carapax et Plastrum Testudinis-bottom of Tortoise shell), biejia (Carapax et Plastrum Testudinis--Top of Tortoise shell), digupi (Cortex Lycii), duzhong (Cortex Eucommiae).

[Explanation]:

Liver & kidney yin tonics by—baishao (Radix Paeoniae Alba), ejiao (Opium), shanzhuyu (Fructus Comi), shudi (Radix Rehmanniae), huangjiang (Rhizoma POLYGONATI), guiban
(Carapax et Plastrum Testudinis-bottom of Tortoise shell), biejia (Carapax et Plastrum Testudinis--Top of Tortoise shell), digupi(Cortex Lycii), duzhong (Cortex Eucommiae), bajitian(Radix Morindae Officinalis)

Moving blood stagnation and blood tonics by-- Danggui (Radix Angelicae Sinensis), chishao (Radix Paeoniae Rubra), jixueteng (Caulis Spatholobi), xiangfu (Rhizoma Cyperi)), chuanlianzi (Fructus Toosendan),

To avoid liver blood deficiency and Liver cannot function and attacking spleen by-- shanyao (Rhizoma Dioscoreae), gancao (Radix Glycyrrhizae)

[Acupuncture treatment]: Ganshu(BL-18), Shenshu(BL-23), Geshu(BL-17), Sanyinjiao(SP-6),Siman (KI-14 ),Taixi(KI-3),Ququan(LR-8), Xuehai(SP-10), Zhongdu(LR-6), Taiyuan(LU-9).

5. Heat in blood with blood stasis:

[Main symptoms]: Dysmenorrhoea with severe pain, hot water bottle will make pain worse and greater ingressive by each cycle and before & during period the pain gets worse bleeding is heavy, colour is dark red with blood clots and period cycle will become shorter& shorter even can be less than three weeks; PMT and anger easily with breast & chest distension, restless of heart (vexation), palpitation, bitter taste and dry mouth like drink cold water. Tongue is red with dry yellow fur and wiry rapid pulse.

[Principle treatment]: Clear heat, cooling blood and regular menstruation to stop pain.

[Formula and herbs]: <qingjingtang>+

Shengdi (Radix Rehmanniae), digupi (Cortex Lycii), baishao (Radxi Paeoniae Alba), mudanpi (Cortex Moutan), qinghao (Herba Artemisiae), huangbai (Cortex Phellodendri), fuling (Poria); or add shanzhizi (Fructus Gardeniae), diyu (Radix Sanguisorbae), huaihua (Flos Sophorae Immaturus), qiancaogen (Radix Rubiae).

[Explanation]:

Clear heat by-- qinghao (Herba Artemisiae), huangbai (Cortex Phellodendri), shanzhizi (Fructus Gardeniae),

Cooling blood and moving blood stagnation by-- Shengdi (Radix Rehmanniae), digupi (Cortex Lycii), baishao (Radxi Paeoniae Alba), mudanpi (Cortex Moutan); or diyu (Radix Sanguisorbae), huaihua (Flos Sophorae Immaturus), qiancaogen (Radix Rubiae).

—[Acupuncture treatment]: Xingjian(LR-2), ligou(LR-5), Sanyinjiao(SP-6), Rangu(KI-2), Zhongji(RN-3), Ciliao(BL-32),Hegu(LR-4),chuchi(LI-11),dazhui(DU-14).

6. Damp-Phlegm and blood stasis:
Main symptoms: Dysmenorrhoea with abdominal dull ache accompanied with consistent vaginal clear or white discharge, period can be delayed or irregular with spotting before or after menses, blood flow is dark-brownish with sticky mucus like clots, tiredness, heavy & muddy head, hard to concentrate, poor memory, stuffiness chest with phlegm, heavy body, poor appetite, stomach fullness, loose stools and cloudy urination; pulse is soft or slippery and tongue is swollen with teeth marks & greasy sticky coating.

Principle treatment: Remove blood stasis and clear damp-phlegm by tonify spleen Qi.

Formula and herbs: <shenlingbaizhusan> + <gexiazhuyutang> +

Dangshen (Radix Angelicae Sinensis), baizhu (Rhizoma Atractylodis Macrocephalae), fuling (Poria), gancao (Radix Glycyrrhizae), Wulingzhi (Faecs Trogopterori), danggui (Radix Angelicae Sinensis), chuanshong (Rhizoma Chuanxiong), taoren (Semen Persicae), wuyao (Radix Linderae), yuanhu (Rhizoma Corydalis), gancao (Radix Glycyrrhizae), xiangfu (Rhizoma Cyperi), honghua (Flos Carthami), zhiqiao (Fructus Aurantii), jixueteng (Caulis Spatholobi).

Explanation:

Tontify spleen and eliminate dampness by baizhu (Rhizoma Atractylodis Macrocephalae), fuling (Poria), gancao (Radix Glycyrrhizae), Dangshen (Radix Angelicae Sinensis).

Regulate qi, Move blood and stop pain by danggui (Radix Angelicae Sinensis), chuanshong (Rhizoma Chuanxiong), taoren (Semen Persicae), Wulingzhi (Faecs Trogopterori), wuyao (Radix Linderae), yuanhu (Rhizoma Corydalis), xiangfu (Rhizoma Cyperi), honghua (Flos Carthami), zhiqiao (Fructus Aurantii), jixueteng (Caulis Spatholobi).

Acupuncture treatment: Yinlingquan(SP-9), Fenglong(ST-40), Zhongji(RN-3), Zhongwan(RN-12), Zusani(ST-36), Tanzhong(RN-17), Gongsun(SP-4), Neiguan(PC-6), Xuehai(SP-10), Zigong(EX-A-21), Ciliao(BL-32).

7. Damp-heat with blood stasis:

Main symptoms: Dysmenorrhoea with vaginal yellow, sticky and smelly discharge, abdominal pain can happen at any time worse during the intercourse and especially painful at certain position, ultrasound shows “pelvic cavity masses”, often company with lower back & lower abdominal pain, don’t like hot water bottle and pressure sometime feel anus tenesmus pain, hot or itching sensation in vaginal area, yellow cloudy urination and sticky smelly or constipation stools; pulse is slippery and rapid and reddish tongue with sticky yellow fur.

Principle treatment: Clear damp-heat and remove blood stasis to stop pain.

Formula and herbs: <hongtengbaijiangsan> or <Wu Wei Xiao Du Yin>
Hong Teng (Sargentodoxae Caulis), Bai Jiang Cao (Patriniae Herba cum Radice), Yi Yi Ren (Coics Semen), Ji Xue Teng (Spatholobi Caulis), Mu Dan Pi (Moutan Cortex), Pu Gong Ying (Taraxaci Mongolici Herba), /or Huang Bai (Phellodendri Cortex), Jin Yin Hua (Lonicerae Japonicae Flos), Ye Ju Hua (Chrysanthemi Indici Flos), Zi Hua Di Ding (Viola Herba cum Radice), with Chun Gen Bai Pi (Ailanthi Cortex), Bai Hua She She Cao (Oldenlandia Diffusae Herba), Ze Xie (Alismatis Rhizoma), Chi Shao (Paeoniae Rubra Radix), Hong Hua (Carthami Flos).

[Explanation]: Both formulae clear heat toxin and eliminate damp, but the former also removes blood stasis. Chun Gen Bai Pi (ailanthi Cortex) clears damp and heat, stops bleeding and profuse discharge. Bai Hua She She Cao (Oldenlandia Diffusae Herba) clears heat toxins and drains damp, Ze Xie (Alismatis Rhizoma) drains damp through urination and clears deficiency heat, Chi Shao (Paeoniae Rubra Radix) clears heat, cools blood and removes blood stasis, and Hong Hua (Carthami Flos) removes blood stasis and regulates the menses.

*Research* shows “Herbs which clear damp-heat help to regulate the NK cells and problems of tissue type compatibility” which can treat infertility due to autoimmune system disorder triggered by pelvic cavity inflammation; herbs like “hongteng (Sargentodoxae Caulis)& baijiangcao(Patriniae Herba cum Radice)” etc.

[Acupuncture treatment]: Xingjian(LR-2), Yinglingquan(SP-9), Chonmen(ST-12), Fushe(SP-13), Sanyinjiao(SP-6), Zhongji(RN-3), Ciliao(BL-32), Xuehai(SP-10), Quchi(LI-11), Geshu(BL-17), Dazhui(DU-14), Taichong(LR-3).

**TCM cycle treatment of endometriosis:**

The rule of cycle treatment is: except for your basic differential diagnosis + promoting blood circulation & dissipating blood stasis but during the period we have to use herbs that have both functions which can move blood & stop bleeding, such as <shixiaosan> +chaopuhuang(Pollen Typhae), wulingzhi(Faeces Trogopterori); sanqi(Radix Notoginsengi), qiancaogen(Pollen Typhae) etc. It is very important to quickly stop bleeding and let uterus start contraction then the endometrial will shed off quickly and limit internal bleeding, after period; change to blood moving herbs to absorb blood stasis and adhesions & try best not allow scars to form.

Blood moving herbs are divided into different group like below:

1. Cooling blood and moving blood—Mudannpi, chishao, zicao.
2. Eliminate dampness and moving blood—zelan, chixiaodou.
4. Stop bleeding and moving blood-sanQi, qiancao, huaruishi.
5. Promoting digestion and moving blood- shanzha.
6. Kidney or blood tonics and blood moving herbs- lujiaoshuang, jixueteng.
7. Invigorate blood and movie blood stasis—chuangxiong etc but they have deferent nature such as

**Cold** in nature—yujin, huzhang, zhechong,

**Cool** in nature—danshen, yimucao, chuanshanjia, mangchong, lengxiaohua.

**Warm** in nature—chuangxiong, ruxiang, yanhusuo, jianghuang, ezhu, jixueteng, honghua, wulingzhi, jianguang, zelan, yuejihua, liujinu, ganqi.

**Neutral** in nature—moyao, sanleng, taoren, niuxi, shuizhi, zirantong, sumu.

**[Caution]:** During period use herbs for moving blood and stop bleeding, some herbs cannot use too big dosage like “Sanqi” which can cause heavy bleeding, I generally use 3 gram “Qiancaogen” use 6-9 gram and it has to base on your TCM deferential syndrome diagnosis, for example Spleen Qi deficiency type has to using “king herb”— Huangqi30 gram etc.

**Acupuncture cycle treatment:**

Points often used in **first phase** (After period): Qixue(KI-13), Guanyuan(RN-4),Ququan(LR-8), Sanyinjiao(SP-6),Zusanli(ST-36)—for reinforce KI & LR yin& blood;

**Second phase** (Before ovulation): Guanyuan(RN-4),Zigong(Ex-21), Yinjiao(Ren-7), Taichong(LR-3),Hegu(LI-4),Jiaoxin(KI-8), Qichong(ST-30),—for kidney (yin & yang) & liver blood tonics and soothing liver Qi and moving blood circulation to help egg release.

**Third phase** (After ovulation): Guanyuan(RN-4), Qihai(RN-6), Sanyinjiao(SP-6),Xuehai(Sp-10), Qixue()or Mingmen(DU-4), Shenshu(BL-23), Ganshu(BL-18),Taixi(KI-3),Diji(SP-8) for KI yin &yang tonics and regulate blood.

**Fourth phase** (Before period): If not for pregnant treatment use Guilai(ST-29), Zhongji(RN-3), Ciliao(BL-32),Qichong(ST-30), Sanyinjiao(SP-6).

If patient want to be pregnant this month then continue third phase plus calm “shen” such as Shenmen(HT-7); soothing liver and calm mend such as Qimen(LR-14); Calm spirit I often use “Yintang”(EX-2).

**External treatment of endometriosis:**

1. **Enema**

**Enema** is an effective method to use for endometriosis. It is close to disease area which is in the pelvic cavity. Retention enema absorbs herbs through large intestine much quicker than
orally taken & reduces unnecessary strong stimulation of stomach. It is good for pelvic cavity blood circulation; dissipating blood masses or inflamed cysts etc (don’t do it during period).

The formulas often used are strong qi & blood broken herbs like sanleng (RhizomaSparganii), ezhú (Rhiza Curumae), shuizhi (Hirudo), zhechong ( ), dahuang (Radix Angelicae Sinensis), chuangshanjia (Squama Manitis), sanqi(Radix Notoginseng), zaojiaoci (Fructus Gleditsiae)taoren, (Semen Persicae), honghua (Flos Carthami), xuejie (Resina Dracoris), danshen (Radix Salviae Miltiorrhizae); or some herbs for dissolve phlegm or dissipate masses like fabanxia (Rhizoma Pinelliae), haizao (Sargassum), kunbu (Thallus Laminariae), mili (Concha Ostreae); or some herbs for clear damp-heat toxin like xiahucao (Spica Prunellae), hongteng (Sargentodoxae Caulis), baijingcao (Patriniae Herba cum Radice), huzhang (Rhizoma Polygoni Cuspidati), loulu (Radix Raphontici), xianqiao (Fructus Forsythiae); or yang tonic &warm meridians herbs like Rougui (Cortex Cinnamomi), zhifuzi (Radix Aconiti Lateralis Preparata), ---animal products are not available in NZ but in China widely used.

Method: Normally basic the diagnosis and choose 6-8 herbs cooked very well (concentrate to 100-150mls liquids left and keep temperature abound 37C, let patient empty bowel first and then do enema/every night hold bowels at least for two hours, 30days for a course).

2. Umbilical attach method:

This method comes from DR Jinlimin (China) practice: Total effective rate is 90%.

Herbs Xuejie (Resina Draconis), ruxiang (Olibanum), moyao (Myrrha), xixin (Herba Asari), Rougui (Cortex Cinnamomi), paojiang (Charcoal ginger ), hupo (Succinum) shengdahuang (Raw Radix et Rhizoma Rhei) mangxiao (Mirabilitum) 10 grams each----wrap heated & grinded thick powder onto umbilicus and keep warm 30-45 minutes 2-3 times/per day.

Acupuncture and Chinese herbs co operate IVF treatment

Before IVF treatment it is better to have three months Chinese medicine treatment (TCM artificial cycle treatment and <shixiaosan> is very important to use during period time to move blood stagnation and stop pain) to improve pelvic cavity conditions, letting lesions heal and scars soften, uterus lining smoothen and enriching endometrial by kidney tonic and blood moving method

Before embryo transfer, using acupuncture will let uterus blood circulate well to help foetus stay; after embryo implant using acupuncture can help uterus calm and avoid contraction & pushing baby out; before 12 weeks we should give a very special care to those IVF patients by kidney yin & yang tonics.
Acupuncture points that I often used:

**Before embryo transfer**—Guilai (ST-29), Zigong (EX-21), guanyuan(RN-4), xuehai(SP-10), sanyinjiao(SP6) to promote uterus blood circulation.

**Explanation**: Guilai (ST-29)–return blood to uterus; Zigong(EX-21)—acupuncture brings qi and blood to baby palace; xuehai(SP-10)—acupuncture leads blood from the ‘sea of blood’ to uterus; guanyuan (RN-4)—reinforce kidney yin & yang and warm uterus from Ren meridian (the essence source of baby); sanyinjiao(SP6)—Crossing point of liver, spleen and kidney to prepare yin for baby, research shows strong stimulate this point can making uterus contraction which bring blood goes to uterus endometrum.

**Method and direction**: Except Guanyuan (RN-4) use reinforce, others all use reduce method; all needles direction toward uterus.

**After embryo implant**—Shenmen(HT-7), guanyuan(RN-4), sishencong(EX-H-1), Zusnali(ST-36), Baihui(DU-20). To calm “shen” & hold Qi.

**Explanation**: Guanyuan(RN-4)—Reinforce kidney yin & yang, warm uterus to support luteal phase and keep temperature staying high; Shenmen(HT-7), Sishencong(EX-H-1)—calm mind to avoid uterus contraction; Baihui(DU-20), Zusnali(ST-36)---tonifying Qi and holding Qi to prevent Qi collapse causing miscarriage, strengthen spleen & stomach Qi to avoid diarrhoea too (due to large intestine and uterus are all belong to smooth muscle, diarrhoea can cause miscarriage)

After embryo implant I also like give Chinese medicine to avoid miscarriage too, herbs like ejiao (Colla Corii Asini), baishao (Radix Paeoniae Alba), gancao(Radix Glycyrrhizae), and sometimes I use <shisantaibao> patent.

*Research* shows Baishao(Radix Paeoniae Alba), Gancao(Radix Glycyrrhizae) combination can stop smooth muscles contraction.

**Special dietary and life style of endometriosis:**

Treatment should be accompanied by changes in diet and lifestyle. Improve immune system to avoid sickness, infection, allergy, autoimmune system disorder etc.

1. Avoiding sex, gynecological examinations, swimming and violent exercises during the menses is very important because contractions of the uterus and vagina during orgasm cause an upward reverse flow of blood and increase the risk of pooling of blood outside the uterus, which in turn increases the risk of endometriosis and also can trigger of autoimmune system disorder due to blood/sperm barrier being damaged, Therefore more chances of infertility.
2. IUD, vaginal pump has high risk for endometriosis.
3. Avoid cold food during period time and keep warm.
4. Try not to have abortion, caesarean birth and D&C
5. If patient has big chocolate cyst >7cm please don’t let patient become over tired and do too much physical exercise
6. Allergenic triggers such as wheat and dairy products may need to be removed from the diet, especially when the Stomach and Spleen are weak.
7. Chemical additives and residues in food and exposure to solvents overload the white blood cells in their battle to eliminate toxins and put the immune system in a constant state of alert.
8. Red meat and the saturated fats found in fast-food have an inflammatory effect, as does smoking which can exacerbate blood clotting disorders through its inflammatory effects on the blood vessels.
9. A diet rich in anti-oxidants and essential fatty acids has an anti-inflammatory effect.
10. It is important to drink sufficient water to flush out toxins. Although this is a well-known general principle for good health, being well-hydrated means a good blood flow in the small capillaries feeding into the endometrium and placenta. It is especially important in those women with blood clotting disorders to maintain the circulation as they already have the tendency to blood stagnation in these capillaries, and as the body becomes dehydrated the circulation in the smallest capillaries is the first to become sluggish. (Except someone spleen Qi is very deficent and feels bloating in stomach when she drinks too much).
11. If patients have severe depression we should refer them to a psychologist; If patients have severe endometriosis like big masses and severe adhesions’ and patients want to quickly relieve pain and discomfit, we can refer them to a Doctor. But after surgery we should as soon as possible give Chinese holistic treatment and maintain a much healthier life.
12. Finally, the benefits of a calm mind have long been known in Chinese Medicine to strengthen and quieting the immune system.

Research shows Chinese medicine is very effective in treating endometriosis

*Research shows Chinese medicine is very effective in treating endometriosis:


*Method of removing blood stasis and resolving phlegm, softening and resolving the lump (46 patients)
Dysmenorrheal 98%; Anal tenesmus 94%; Pain on intercourse 88%; Reduced mass size 87%; 6 of 10 infertility patients pregnant;

*Method removing blood stasis and purgation (76 patients)—

using Dahuang (Radix et Rhizoma Rhei).

Dysmenorrheal 89%; Pelvic pain 67%; Pain on intercourse 72%; Reduced mass size 22%; 3 of 22 infertility patients pregnant.

**Use <xuefuzhuyutang> modified (Ki yin & yang, Sp Qi tonics etc) + enema**

<table>
<thead>
<tr>
<th></th>
<th>Cure</th>
<th>Good</th>
<th>Effective</th>
<th>Ineffective</th>
</tr>
</thead>
<tbody>
<tr>
<td>83women + herbs</td>
<td>41 women</td>
<td>27 women</td>
<td>10 women</td>
<td>5 women</td>
</tr>
<tr>
<td>3 months</td>
<td>pregnant 18</td>
<td>Masses 50%</td>
<td>Masses 33%</td>
<td>No change</td>
</tr>
<tr>
<td>no S + S</td>
<td>Masses 50%</td>
<td>reduced S + S better</td>
<td>reduced S + S improved</td>
<td></td>
</tr>
</tbody>
</table>

2. Researches shows: kidney tonics and blood circulation herbs have more effective for treatment endometriosis and approved by researches from:

1/. Nanjing Chinese medical university 2006 research:

Observation: To observe the influence of Tonifying kidney and regulating Menstrual cycle on the dysmenorrhea score, infertility, ovarian endometrial cysts and hemorrhhoology, endocrine and to explore new effective method for treatment of endometriosis.

Methods: 40 patients with endometriosis after B ultrasound were treated by tonifying kidney and regulating menstrual cycle. Changes of Symptoms, signs and hemorrhhoology, endocrine were assessed.

Results: Total effective percentage was 85% significant approved.

2/. Nanjing Chinese medical university 2006 research:

Objective: To test the peripheral blood CD3cell、CD4cell、CD8cell、CD4/CD8 and NK cell level of the endometriosis(EMT) patients and observe how does Xiao-zhen-yin affect the endometriosis patients’ immune function in the hope of investigating the effect mechanism of Xiao-zhen-yin from the viewpoint of immunity. Methods: to collect 30 EMT patients excluding the disease would affect the result such as cancer and infection etc in accord to the new Chinese medicine principle. Use the closed sequential...

3/. Chinese TCM women’s specialist Dr Lijimei has a famous formula which we can use for reference. (Result is sucessful).
Her formula is danshen15 (Radix Salviae Miltiorrhizae), Chishao12 (Radix Paeoniae Rubra), Chuanxiong10 (Rhizoma Chuanxiong), Sanleng12 (Rhizoma Sparganii), Ezhu12 (Rhizoma Curcumae), Zamuzhi10 (梓木枝), Shijianchuan10 (Herba Salviae Chinensis), Yimucao15 (Herba Leonuri), Jixueteng15 (Caulis Spatholobi), Xianmao12 (Rhizoma Curculiginis), Shudi12 (Radix Rehmanniae), Gouqizi12 (Fructus Lycii), Shengpuhuang12 (Herba Taxilli), Zishiying10 (Fluoritum); Qi deficiency add Dangshen (Radix Codonopsis), Huangqi (Radix Astragali), Shengma (Rhizoma Cimicifugae); Yin deficiency add nvzhenzi (Fructus Ligustri Lucidi), digupi (Cortex Lycii), Diyu (Radix Sanguisorbae); masses or chocolate cyst add Zaojiaoci (Fructus Gleditsiae), Huaruishi (Ophicalcitum), Biejia (Carapax Trionycis); abdominal pain add Chuanlianzi (Fructus Toosendan), Ruxiang (Olibanum), Moyao (Myrrha), Sanqipowder (Radix Notoginseng).

Conclusion:

1. Endometriosis is a difficult condition to treat, but Chinese medicine has long term effective results and improves all aspects of patients’ condition.
4. Lifestyles are very important to prevent endometriosis from happening.
5. The principle treatment of endometriosis is to invigorate blood, tonify kidney, move blood stasis and stop pain, but during period have to add herbs or acupuncture to stop bleeding as well. (The aim is let endometrial quickly shed off and less bleeding, endometriosis lesions become as smaller as possible); after period as soon as possible to move blood stasis and let lesion healing & less scars).
6. TCM cycle treatment basic differential diagnosis and four phases are focus on deferent aspects. It is very useful for improving pregnancy rate.

Case example:

Case one. Ping is a Chinese woman comes from Tianjing of China, 37 years old had diagnosis endometriosis and pelvic cavity inflammation when she was 25 and try to conceive baby with no luck for 12 years.
Her first visit was on January 1999 for infertility treatment. Her gynecological history: she married at age 24 and one night she had severe abdominal pain, faint and sent to emergency of hospital by her husband, the diagnosis was left fallopian tube ectopic pregnancy and right ovary chocolate cyst. Operation cut off left tube and removed chocolate cyst on right ovary. Since then her pregnant becomes very difficult. She has been tried all different sort of medicine and no luck to pregnant instead she suffered depression and also pelvic cavity inflammation due to endometriosis. She bought a dog as her child in 1996.

When she came to see me (on January 1999) her symptoms were:

[Symptoms]: Her face was dull & dark complexion, depression for no luck to pregnant, lower back pain and cold but with slightly yellow smelly discharge, abdominal pain(can be sharp or dull aches) at any time worse during period or sex in certain position. She has to take painkiller to relieve the pain & sleep or rest the pain gets better. Her menstruation was dark and brownish with blood clots and pain worse by each cycle, period often delayed around 37 -40 days and 3-5 days bleeding, She feels tired easily and headaches often around temple with either sharp or dull ache; she fear sexual activity due to pain but still does it for husband needs and also like to try luck for a baby.

Her tongue was pale purple swollen with ecchymosis patches on right side, coating is thin greasy & tinny yellow; pulse is thin, weak and slippery chi pulse particularly weak.

[Diagnosis]: Kidney and spleen deficiency with liver Qi, blood and damp stagnation. (A bit heat comes from liver qi stagnation transformed)

[Principle treatment]: Tonify KI & SP Qi eliminates damp, soothing liver qi and removes blood stasis.

[Formula and Herbs]: <Aifunuangongwan> +

Danggui 12(Radix Angelicae Sinensis)、chuanxiong 9 (Rhizoma Chuanxiong)、baishao12 (Radix Paeoniae Alba),xiangfu 9 (Rhizoma Cyperi)、wuyao(Radix Linderae)、rougui 6(Cortex Cinnamomi)、huangjiang (Rhizoma Polygonati)、zhihuangqi(Baked Radix Astragali )、xuduan(Radix Dipsaci); Fuling(Poria), yanhusuo (Rhizoma Corydalis), huangbai 3, zhiyancao3 (Radix Glycyrrhizma).

*Before ovulation: add Zaojiaoci6, xianlingpi3g; after ovulation add tusizi12; during period minus Danggui 12(Radix Angelicae Sinensis)、chuanxiong 9 (Rhizoma Chuanxiong) & add chaopuhuang 9g (Stir backed Pollen Typhae), chaowulingzhi 9g (Stir backed Faeces Trogopterori), aiyetan12 (Charcoaled Folium Artemisiae).

[Enema]: In NZ is very hard to let patient do enema, for this patient I told her if she could do enema will more effective, so patient got equipment from China and does every day except period time.

Formula: Sanlen 30g(Rhizoma Sparganii), Ezhu 30g(Rhizoma Curcumae), honghua9g(Flos Carthami), Hongteng30g(Sargentodoxae Caulis),
Zaojiaoci15g(Fructus Gleditsiae), baihuasheshecao 30g (Herba Hedyotidis Diffusae) 
Aiye 30g ( Folium Artemisiae Argyi) 、 rougui 15g(Cortex Cinnamomi)

* After five months treatment, patient became pregnant and delivered a boy at the term, he is now 9 years old.

In China enema is very commonly to used, but in NZ she is my only patient using enema, so I write down here maybe anyone know how to use it in NZ.

**Analysis:**

1. For this patient, I have to say “Thank you for trusting me and Chinese medicine”. It can’t be successful without her consistently taking herbs and doing enema for months.
2. Enema, I used big dosage of herbs for breaking up blood stasis and masses and strong herbs for cleaning external damp-heat (Inflammation). Through intestine absorbed herbs are more effective due to it is closer disease place – fast result and without damage stomach & spleen.
3. Internal medicine is very important for her to soften masses and let old lesions heal, reproduces system working again, “Chong”, “Ren”, “Baogong” fill up fresh blood; Qi and blood start to move making freedom and ready for baby!

**Case two:**

Patient with endometriosis and both tubes are blockaded and no way to get pregnant naturally. She had IVF and failed in July of 2005.

Michele, a 39 years old NZ woman, her laparoscopy shows “moderate endometriosis” on her pelvic cavity; fallopian tube angiography shows both side are blocked.

She first visits me on Mar 2006.

Her symptoms are painful sexual activity and often has tenemus of anus, her period cycle is 28-30 days with dark red blood and very painful, sometimes spotting for days and had properly blood with blood clots that looks brownish & mucus for 3 days, her tongue was normal red with a bit dark spots thin white coating.; her pulse was thin wiry. (Liver Qi & blood and dampness stagnation).

She feels everything is OK by herself except her painful period and sexual pain. She is a positive woman and does exercise regularly. She doesn’t like taking herbs and prefers acupuncture treatment.

She went to an IVF program.

**One day before** embryo transformed, she came to me for acupuncture.

Point: Zigong (EX-21), Guanyuan (RN-4), Hegu (LI-4), Sanyinjiao (SP-6), with a bit strong stimulation and all direction towards to uterus and patient feels warm or shooting sensation at low abdomen for 30 minutes.
The day after embryo implanted, she came to my clinic straight after hospital for acupuncture treatment.

Points: Shenmen(HT-7), Sishencong(EX-1), Qimen(LR14), guanyuan(RN-4), susanli(ST-36), Baihui(DU-20). With TDP magic lamp (Just let patient feel low abdominal warm not feel hot!)

I persuaded her to take “shisantaibao” to avoid miscarriage. Her pregnancy was successful with a little girl.

[Analysis]: For those patients who don’t want to take Chinese herbs it is OK, but we have to talk to them to let them know how Chinese medicine can benefit them, the final decision is up to patient.

If you have any enquire please contact me on (09) 4199028 (w).

References:


Lyttelton, J. (2008)-- “TCM and the treatment of infertility”.