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Part One

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by

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PID in Western Medicine

Definition

Pelvic Inflammatory Disease (PID) is the inflammation of the female pelvic organs and/or connective tissues usually caused by an infection. The infection may involve a single organism or may be polymicrobial. PID includes disorders such as cervicitis (cervical inflammation), endometritis (uterine inflammation), salpingitis (fallopian tube inflammation), oophoritis (ovarian inflammation), and inflammation or infection of either or both of the broad ligaments (lateral ligaments composed of peritoneum passing from the sides of the uterus to the walls of the pelvis). General symptoms are abdominal pain and vaginal discharge. Physical exam is notable for cervical motion tenderness.

Acute PID

Acute PID symptoms include lower abdominal pain often with rebound pain, fever, cervical motion tenderness, lower abdominal tenderness upon palpation, leukorrhea marked by copious purulent discharge, and nausea. An elevated white blood cell and neutrophil count is usually present. Abscesses may develop in the acute or subacute stages that are commonly treated with antibiotics or surgical procedures to drain or remove the affected areas. General peritonitis may occur due to the spread of exudate to the pelvic perineum. This may be accompanied by nausea and vomiting. In severe cases, endotoxemia and shock may occur.

Acute PID presenting with a palpable pelvic mass indicates a possible tubo-ovarian abscess (TOA) or hydrosalpinx (the accumulation of serous fluid in the fallopian tube). Approximately 20-30% of cases of PID with tubo-ovarian abscesses are afebrile and many of these cases present with a normal white blood cell count thus making TOA's difficult to diagnose. Diagnosis for these complications using laparoscopy (an operation using a laparoscope) is widely considered definitive and ultrasonography is also employed. Surgery is required in the case of a ruptured abscess to prevent septic shock.

Chronic PID

Chronic PID symptoms include chronic lower abdominal pain or distention and tenderness upon palpation, leukorrhea, painful intercourse, menstrual irregularities including dysmenorrhea and prolonged menstrual bleeding, sterility, and lower abdominal masses. Lumbosacral pain exacerbated by the menstrual period or sexual intercourse is present in some cases.

Etiology

PID is often the result of an ascending intravaginal infection transmitted by intercourse or an IUD (intrauterine device). IUD related PID is often unilateral. PID may also occur after childbirth (puerperal fever), vaginal surgery, or an abortion. Gonorrhoeae and chlamydia commonly cause PID but other microorganisms may be responsible: many types of bacteria, viruses, mycoplasmas (parasitic microorganisms of genus *Mycoplasma*). Other causes of PID include tuberculosis, actinomycosis, schistosomiasis, leprosy, oxyuriasis, and sarcoidosis.

Differentiation of Acute PID from Acute Appendicitis and Ectopic Pregnancy

Acute PID often mimics acute appendicitis and ectopic pregnancy. Cultures and smear from the cervical, urethral, and rectal areas may help in identifying the microorganisms associated with PID. Appendicitis is often differentiated by initial pain around the umbilicus or upper abdomen then moving to the lower right abdomen with accompanying vomiting, nausea, or other digestive symptoms. Rebound pain at McBurney's point (a point on the abdominal wall that lies between the navel and the right anterior superior iliac spine) is often present with acute appendicitis and helps to differentiate it from PID. Ectopic pregnancy is differentiated by a positive pregnancy test, irregular vaginal bleeding, and violent pain of the lower abdomen that usually starts on one side but may spread to the other as well. Hospitalization is required for these surgical emergencies.

PID Facts

In the United States, the PID rate is highest in sexually active women under the age of 25. PID can lead to the destruction of tissue that can result in sterility. PID may cause scarring of the reproductive organs, especially the fallopian tubes, which can lead to ectopic pregnancy. The Centers for Disease Control and Prevention (CDC) notes that

in the U.S.A. annually more than 1 million women experience an episode of PID, over 100,000 women become infertile as a result, and more than 150 women die from PID or its complications. The CDC notes that a large proportion of ectopic pregnancies are due to PID related complications. The CDC also notes that while lower abdominal pain and other symptoms are common, chlamydial infection related PID can be asymptomatic.

Treatment and Prevention

Treatment includes antibiotics, surgical drainage of abscesses, and surgical removal of affected areas. For salpingitis (fallopian tube infection) related PID, early administration of antibiotics may prevent the exudate from creating adhesions in the fallopian tubes that can lead to sterility. Hospitalization is required in severe cases. Bed rest and IV fluids may be given as supportive measures. Nasogastric suction may be implemented for complications of severe intestinal obstruction (ileus) causing colic, vomiting, and constipation. Antibiotic resistant repeated episodes of PID may be treated with multiple exploratory surgical procedures. Follow-up care involves pelvic examinations and cultures. Recurrent episodes may be preventable by treating male sexual partners for sexually transmitted diseases.

PID in Chinese Medicine

Overview

In Traditional Chinese Medicine (TCM), Pelvic Inflammatory Disease is categorized under several classifications including dysmenorrhea, leukorrhea, menorrhagia (abnormally heavy bleeding at menstruation), infertility, and palpable masses. PID is the inflammation of one or more of the following: cervix, uterus, fallopian tubes, ovaries, broad ligaments, peritoneum and connective tissues of the pelvic cavity. In some cases, PID involves the scarring of internal tissues which may lead to infertility.

Lower abdominal pain and vaginal discharge (leukorrhea) are the predominant symptoms. PID is the invasion of Damp-Heat and Toxins causing Qi and Blood Stagnation in the Lower Burner. The acute stage is characterized by Heat more than Damp and the chronic stage is characterized by Damp more than Heat combined with Qi and Blood Stagnation. Chronic stage PID often combines with Qi and Yin Deficiency. For the treatment of chronic PID, general treatment principles are often a combination of Clearing Heat and Toxins and Damp-Heat lingering from the acute stage combined with treating the sequelae: Regulate Qi, Expel Dampness, Warm the Channels, Transform Phlegm, Expel Stagnation.

Leukorrhea

Red, Yellow, or White Belt leukorrhea are present when there is disruption of the Dai (Girdle), Chong (Penetrating), and Ren (Conception) Channels due to Damp-Heat in the Lower Burner or Qi and Blood Deficiency. White Belt leukorrhea is characterized by white or clear vaginal discharge without odor and involves Spleen Qi and/or Kidney Yang deficiency with Excess Dampness. Yellow Belt leukorrhea is characterized by yellow vaginal discharge that has a foul odor and involves Spleen Damp-Heat or Liver & Gallbladder Damp-Heat. Red Belt leukorrhea is characterized by the presence of blood in the vaginal discharge and involves Heat in the Blood and/or Liver Heat changing into Fire.

Important Factors of Susceptibility to PID

During intake of the patient history, the following factors may indicate PID:

- 1 Sexual Transmitted Diseases (STD's), especially gonorrhea and chlamydia
- 2 Uterine foreign object:
IUD (typically starts with unilateral pain but may become bilateral)
- 3 Sexual intercourse one day prior to or during menstruation
- 4 Surgery in the pelvic cavity
- 5 Abortion, especially multiple abortions
- 6 Postpartum
- 7 Miscarriage, especially chronic miscarriages
- 8 Nearby organ (urination bladder, large intestine) transfers infection, especially appendicitis transfers infection
- 9 Following the very first time of sexual intercourse

Acute Stage PID Overview

Pulse: Slippery, rapid

Tongue: Red body with thick, yellow coat

Diagnoses Classifications:

- I Damp-Heat and Toxins in the Lower Burner
- II 4 Levels differentiation: Qi Level Heat that may progress to the Ying Level
- III 6 Stages differentiation: Yangming Stage illness that may progress to the Tai Yin Stage

Indications:

Severe or rebound lower abdominal pain, Red or Yellow Belt leukorrhea, fever, chills, diarrhea or constipation, Urine: burning sensation, yellow color
In some cases: pyogenic (pus producing) abdominal mass that may be palpable

Treatment Principle: Clear Heat and Toxins, Clear Lower Burner Damp-Heat

Note: Acute PID takes the form of an acute infection in the Lower Burner (Jiao). In severe cases, a surgical emergency may develop. Surgical emergencies are not treated in the TCM clinic and require hospitalization. Acupuncture and herbal medicine treatment for acute PID in addition to an antibiotic regime increases clinical efficacy and helps to prevent subacute flare-ups and chronic PID. In some cases, the acute stage is not diagnosed or treated and quickly and transforms into the chronic stage within several days.

Chronic Stage PID Overview

Pulse: Wiry or slippery *Tongue:* Purple with white or yellow coating

Diagnosis: Qi and Blood Stagnation

Indications:

Lower abdominal pain, Yellow or White Belt leukorrhea, intermittent or constant pain of the lower back, irregular menstruation, prolonged menstrual bleeding
In some cases: lower abdominal palpable masses, infertility

Treatment Principle: Invigorate Blood to Remove Blood Stasis, Regulate Qi

Diagnostic Patterns- Common Complications:

Chronic PID often involves the treatment of unresolved subacute pelvic region infections due to residual Damp-Heat in the Lower Burner remaining from acute PID. Red or Yellow Belt leukorrhea are often indicators. Both Qi and Blood Stagnation and Excess Heat in the Lower Burner may lead to abnormal uterine bleeding. Menorrhagia (abnormally heavy bleeding at menstruation) due to Damp-Heat in the Lower Burner occurs when Heat attacks the Chong (Penetrating) & Ren (Conception) Channels creating Heat in the Blood which causes the reckless movement of blood- hence the prolonged menses or abnormal uterine bleeding.

Disorders such as chronic spotting and menorrhagia are not principally treated with Stop Bleeding category herbs in this differentiation pattern. The bleeding is stopped by Clearing and Draining Damp-Heat and Invigorating the Blood for this presentation of PID. In one case history, a patient presented with frequent vaginal spotting. Upon investigation, two years prior the patient underwent conization (surgical excision of tissue from the cervix) for Stage 2 cervical dysplasia (abnormal growth of the cells lining the cervix). Onset of spotting followed antibiotic treatment for infectious complications due to the conization procedure. The tissue injury from the conization procedure created Blood Stasis and allowed for a Damp-Heat infectious state to lodge in the Lower Burner. The use of patent medicines Long Dan Xie Gan Tang for Damp-Heat in the Liver Channel and Gui Zhi Fu Ling Wan for Blood Stasis in the Lower Burner resolved the condition.

In another scenario, fallopian tube blockages may form from residual congealed pus following the acute infectious stage of PID and are indicated by lumps or pain in the fallopian tube region, general abdominal pain, irregular menstruation, pain during bowel movements, dysmenorrhea (painful menstruation), and the reduction of abdominal pain upon the release of blood clots during menstruation. In some cases, the original acute

fallopian tube infections (salpingitis) may be mild or unrecognized and therefore become chronic due to lack of treatment.

The acute stage of PID tends to last 2-3 days. Diagnostic indicators for the acute stage include sexual intercourse one day prior to or during the menstrual cycle followed by abdominal pain, fever, and chills 72 hours later or the presence of these symptoms following the very first sexual intercourse experience. Later, the fallopian tubes may form obstructions and adhesions from the congealing of discharge produced in the acute stage. One or both ovaries may also have adhesions to the fallopian tubes by the same process. Discharge remaining in the fallopian tubes in a fluid-like state moves downward between the uterus and large intestine upon standing or sitting and therefore may cause pain associated with menstruation and bowel movements. Modified Gui Zhi Fu Ling Wan (see formula 1 in the chronic PID herbal section) addresses this condition by Breaking the Blood Stagnation and Dissolving and Draining Dampness.

Another common form of chronic PID is Dampness without Heat which is indicated by White Belt Leukorrhea. In exhaustive, long-standing chronic PID there may be Cold Stagnation in the Liver Channel (indicated by Lower Burner pain relieved by warmth) and Qi, Blood, and Yin Deficiency. In many cases, chronic PID presents as a complicated mixed pattern of both Cold and Heat. Modified Jiao Ai Tang (see formula 3 in the chronic PID herbal section) addresses lower abdominal pain and vaginal bleeding due to Cold and Deficiency created by chronic illness combined with unresolved Blood Stasis, Heat in the Blood, Damp-Heat in the Lower Burner, and Heat and Toxins. This formula is especially useful for many chronic presentations of endometritis (inflammation of the uterine lining). In this presentation of PID, the endometrium (the inner mucous membrane of the uterus that sheds during menstruation) becomes infected and therefore bleeds. Untreated, infertility may result from endometritis.

In some cases, PID causes constitutional depletion and no heat signs remain. Modified You Gui Wan (formula 6 in the chronic PID herbal section of [PID and Chinese Medicine Part Two](#)) treats Spleen Qi Deficiency combined with Kidney Yang Deficiency. Indications include dull pain of the lower abdomen, lower back pain, White Belt leukorrhea, lassitude, a feeling of cold in the body, a cold sensation in the uterus region, poor appetite, loose stools, irregular menstruation, and menstrual pain that worsens after the menstrual flow ceases. The treatment principle is to Tonify Spleen Qi, Tonify Kidney Yang, and Resolve Dampness.

Acupuncture Point Selections

The following point selections are recommendations from Prof. Sharon Feng, L.Ac. During her lifetime, she served as the distinguished Department Chair of Gynecology, Five Branches University.

Acute PID Acupuncture Points:

CV4, Cv3
Zi Gong
GB27, GB28
Sp6, Sp10
LI 11, LI4
St36, St40
Liv5, Liv3

Discussion of Point Selection:

GB27 and GB28 are both Meeting Points of the Gallbladder (Foot Shaoyang) channel with the Dai (Belt, Girdle) channel. They regulate the Dai channel & lower burner and treat leukorrhea, lower abdominal pain, back pain, and irregular menstruation.

Cv3 and Cv4 are Meeting Points of the Conception (Ren) channel with the Spleen, Liver, and Kidney channels. They benefit the uterus and lower burner. Cv3 regulates Qi, drains damp-heat, and treats leukorrhea.

Zi Gong benefits the uterus, regulates Qi, stops pain, regulates menstruation, and stops uterine bleeding.

Sp6 and Sp10 regulate menstruation, invigorate blood, and treat leukorrhea. Alternately, Sp8 is a Xi Cleft Point which Regulates the Uterus and Harmonizes the Blood and is effective in treating dysmenorrhea with excess bleeding, irregular menstruation, and abdominal pain.

LI4 and LI11 are commonly combined to clear heat, expel wind, and stop pain. LI11 cools the blood, drains damp-heat, regulates Qi and Blood, and treats high fever.

St36 is a Command point for the treatment of abdominal disorders, clears Yangming level heat, and treats nausea, vomiting, and abdominal pain. There is a modern conception that St36 should not be used in combination with external pernicious influences, however, St36 is excellent for clearing heat in combination with reducing

(sedating) needle techniques and is classically indicated for use during febrile diseases and for Stomach excess heat. St40 is the Luo (Connecting) point of the Stomach channel and transforms phlegm dampness.

Liv3 is the Source (Yuan) point of the Liver channel and Liv5 is the Connecting (Luo) point of the Liver channel. They regulate Qi & the menses and benefit the lower burner. Liv5 clears damp-heat in the lower burner. Liv3 treats leukorrhea and lower back pain referring to the abdomen. Together, LI4 and Liv3 open the Four Gates and stop pain.

Chronic PID Acupuncture Points

St36, St25, St38
 Sp10, Sp9
 GB26, GB27, GB28
 Cv6, Cv4, Cv3

Discussion of Point Selection:

St36 is a Command point for the treatment of abdominal disorders and treats nausea, vomiting, and abdominal pain. St36 is the Lower He-Sea Point of the stomach and powerfully tonifies Qi and Blood. St25 is the Alarm Point of the Large Intestine, regulates Qi and Blood, and treats both Dampness and Damp-Heat. St25 treats endometritis, irregular menses, leukorrhea, abdominal pain, and lower back pain. St25 is also effective in treating uterine masses arising from Qi and Blood Stasis. St38 effective in the treatment of abdominal pain.

Sp10 “Xue Hai” is translated as the “Sea of Blood”. Sp10 Invigorates the Blood and Cools the Blood. Sp10 treats irregular menstruation, dysmenorrhea, abnormal uterine bleeding, and leukorrhea. Sp9 is a He-Sea and Water point of the Spleen channel. Sp9 Transforms Damp Stagnation and benefits the lower burner. Sp9 treats abdominal pain and distension, dysmenorrhea, and irregular menstruation.

GB26, GB27, and GB28 all treat leukorrhea and abdominal pain. They are chosen for their relationship to the Dai (Belt, Girdle) channel. GB26 “Dai Mai” is translated as “Girdle Vessel”. GB26 Regulates the Dai Mai (Belt channel) and alleviates Damp-Heat. In addition to treating abdominal pain, GB26 treats irregular menstruation, endometritis, and both Red and White Belt leukorrhea.

CV6 “Qihai” is translated as the “Sea of Qi”. Cv6 Regulates Qi and Tonifies the Qi and Kidneys, Harmonizes the Blood, Regulates the Chong (Penetrating) and Ren (Conception) channels, and Dispels Dampness. CV6 treats abdominal pain, irregular menses, dysmenorrhea, leukorrhea, and abnormal uterine bleeding. Cv4 Benefits the

Kidneys, Regulates and Tonifies Qi, is the front Alarm Point of the Small Intestine, and is the Meeting Point of the Conception channel with the Three Leg Yin channels: Spleen, Liver, and Kidney. The Yellow Emperor's Classic of Medicine notes that the Chong (Penetrating, Vitality) channel originates at Cv4. Cv4 treats abdominal pain, irregular menses, dysmenorrhea, and leukorrhea. CV3 is the Intersection Point of the Three Leg Yin Channels and the front Alarm Point of the Urination Bladder. CV3 Regulates the Uterus, Drains Damp-Heat, Regulates the Menses, and assists the transforming function of Qi. Cv3 treats irregular menses, dysmenorrhea, lower abdominal pain, lower back pain, leukorrhea, and vaginitis.

Note:

Take PID and Chinese Medicine, Part Two for additional PID topics including cervicitis, cervical dysplasia, cervical infection, vaginitis, and 15 additional herbal formulas for PID.

Acute Stage PID Formulas

FORMULA 1:

Modified Da Huang Mu Dan Tang “Modified Rhubarb and Moutan Decoction”

Pulse: Rapid, slippery or wiry *Tongue:* Red body, yellow and greasy coating

Diagnosis:

Damp-Heat in the Lower Burner, Qi Stagnation and Blood Stasis in the Lower Burner

Indications:

Lower abdominal pain that is worse upon pressure, Yellow Belt leukorrhea, fever, chills

Treatment Principle:

Clear Heat, Eliminate Toxins, Break Blood Stasis, Drain Dampness, Reduce Swelling

Ingredients:

Da Huang	(Radix et Rhizoma Rhei)	9 grams
Mu Dan Pi	(Cortex Moutan Radicis)	6
Tao Ren	(Semen Persica)	6
Bai Jiang Cao	(Herba cum Radice Patriniae)	9
Jin Yin Hua	(Flos Lonicerae)	9
Lian Cao	(Fructus Forsythiae)	9
Chi Shao (Yao)	(Radix Paeoniae Rubrae)	6
Yi Yi Ren	(Semen Coicis)	9
Hong Teng	(Caulis Sargentodoxae)	9
(Shan) Zhi Zi	(Fructus Gardeniae)	6
Yan Hu Suo	(Rhizoma Corydalis Yanhusuo)	6
Chuan Lian Zi	(Fructus Meliae Toosendan)	6

Dose: 1 bag per day

Ratio: Decocted in 3:1 cups of water

Note:

This formula is especially effective for acute fallopian tube infection (salpingitis). In some cases, acute salpingitis symptoms may be mild or unrecognized and therefore becomes chronic due to lack of treatment. The acute stage tends to last 2-3 days and quickly progresses to the chronic stage. A key diagnostic indicator for this formula is if the patient had sexual intercourse one day prior to or during her menstrual cycle followed by abdominal pain, fever, and chills 72 hours later. Another key indicator is if this same pattern occurs following the very first sexual intercourse experience.

The base formula of Da Huang Mu Dan Teng is comprised of Da Huang (Radix et Rhizoma Rhei), Mu Dan Pi (Cortex Moutan Radicis), Mang Xiao (Mirabilitum), Tao Ren (Semen Persica), and Dong Gua Ren (Semen Benincasae Hispidae). In this presentation, the Mang Xiao and Dong Gua Ren are not used. Bai Jiang Cao is added for its ability to clear heat, eliminate toxins, and drain pus & abscesses. Bai Jiang Cao also eliminates blood stasis thereby relieving pain of the lower abdomen. Jin Yin Hua and Lian Qiao are added for their ability to Clear Heat, Eliminate Toxins and work with Bai Jiang Cao to treat abscesses. Chi Shao is added for its ability to Clear Heat, Cool the Blood, and Relieve Blood Stasis & Pain. Chi Shao treats Blood Stagnation in the uterus. Yi Yi Ren is added for its ability to Clear Heat, Drain Dampness, and Dispel Pus. Hong Teng Clears Heat, Eliminates Toxins, and Dispels Blood Stasis & relieves pain due to Blood Stasis. It functions synergistically with Da Huang, Lian Qiao, and Mu Dan Pi to treat abscesses and combines with Yi Yi Ren to dispel vaginal discharge. Zhi Zi is added to Sedate Fire, Drain Damp-Heat, Cool the Blood & Stop Bleeding. Zhi Zi works well with Da Huang and Lian Qiao to treat high fever with irritability or delirium. Yan Hu Suo and Chuan Lian Zi (alternatively known as Jin Ling Zi, Fructus Toosendan) together are the formula Jin Ling Zi San “Golden Bell Seed Powder” and are added to treat Liver Qi Stagnation & Fire and Liver channel pain. Lu Lu Tong is sometimes added to this formula to invigorate the Blood and open fallopian tube blockages due to PID.

FORMULA 2:

Huang Lian Jie Du Tang “Decoction of Coptis to Release Toxins”
Available in pill and powder form.

Pulse: Rapid, full\ *Tongue:* Red body, yellow coat

Diagnosis: Damp-Heat in the Lower Burner, Fire Toxin in the Three Burners

Indications:

Acute lower abdominal pain, Red or Yellow Belt leukorrhea, high fever, mental restlessness, dry mouth and throat, thirst, urine: concentrated dark yellow color and burning sensation

Treatment Principle: Purge Fire, Release Toxins, Clear Damp-Heat

Ingredients:

Huang Lian	(Rhizoma Coptidis)	6 grams
Huang Qin	(Radix Scutellariae)	6
Huang Bai	(Cortex Phellodendri)	6
Zhi Zi	(Fructus Gardeniae)	6

If excessive vaginal or internal bleeding due to Heat in the Blood or Nutritive (Ying) Level Heat add Modified Xi Jiao Di Huang Tang:

Shui Niu Jiao	(Cornu Bubali)	12 grams
Sheng Di Huang	(Radix Rehmanniae Glutinosae)	12
Chi Shao (Yao)	(Radix Paeoniae Rubrae)	6
Mu Dan Pi	(Cortex Moutan Radicis)	6

Dose: 1 bag per day *Ratio:* Decocted in 3:1 cups of water

Chronic PID Formulas

FORMULA 1:

Modified Gui Zhi Fu Ling Wan “Modified Cinnamon Twig and Poria Pill”

Pulse: choppy *Tongue:* purple

Diagnosis: Blood Stasis in the Lower Burner

Indications:

Lower abdominal pain or distension, irregular menstruation, menstrual blood clots, antedated dysmenorrhea (pain prior to menstruation), mild and persistent uterine bleeding, lower abdominal masses with pain upon palpation

Treatment Principle: Break Blood Stasis

Ingredients:

Gui Zhi	(Ramulus Cinnamomi Cassiae)	6 grams
Fu Ling	(Sclerotium Poriae Cocos)	9
Mu Dan Pi	(Cortex Moutan Radicis)	6
Tao Ren	(Semen Persicae)	6
Chi Shao Yao	(Radix Paeoniae Rubrae)	6
Huang Qi	(Radix Astragali)	15
Zao Jiao Ci	(Spina Gleditsiae)	15
Xiang Fu	(Rhizoma Cyperi)	9
San Leng	(Rhizoma Sparganii)	6
E Zhu	(Rhizoma Curcumae)	6

Dose: 1 bag per day, start following the end of the menstrual cycle and use for 5 days then discontinue until after the next menstrual cycle. Consume for 5 days per month.

Ratio: Decocted in 3:1 cups of water

Note:

Prof. Shao Hua Li, L. Ac. recommends this formula as an effective treatment for chronic fallopian tube infections with obstructions and adhesions. The fallopian tubes may become blocked from the congealing of discharge produced in the acute stage. The ovary may also have adhesions to the fallopian tubes by the same process. Discharge remaining in the fallopian tubes in a more fluid-like state moves downward between the uterus and large intestine upon standing or sitting. This displacement of discharge creates

bowel movement pressure and pain associated with menstruation. Chronic fallopian tube infection key indications also include irregular menstruation, abdominal pain, and the reduction of abdominal pain upon the release of blood clots during menstruation.

Chronic fallopian tube infections are distinguished from endometriosis by the character of the pain. Endometriosis related abdominal pain worsens with each period and increases with time. Chronic fallopian tube infection pain lessens once the acute stage has ceased. Endometriosis related pain worsens toward the end of the menstrual cycle and continues afterwards due to compounding Blood Stasis. Chronic fallopian tube infection pain often starts before the menstrual flow. Both conditions may lead to infertility.

The base formula Gui Zhi Fu Ling Wan treats Blood Stasis in the womb with presentations such as uterine bleeding with clots, lower abdominal pain, dysmenorrhea, and lower abdominal masses. Here, the formula is modified to enhance its ability to treat PID and chronic salpingitis.

Huang Qi is added to Tonify Qi. Zao Jiao Ci eliminates toxicity, drains pus, activates blood circulation, reduces swelling, and is recognized as an important herb for the treatment of fallopian tube obstruction or adhesions related to PID. Bai Jiang Cao is added for its ability to clear heat, eliminate toxins, and drain pus & abscesses. Bai Jiang Cao also eliminates Blood Stasis thereby relieving pain of the lower abdomen. Tao Ren activates blood circulation and removes Blood Stasis. Combined with Bai Jiang Cao and Zao Jiao Ci, Tao Ren treats obstructions and adhesions of the fallopian tubes related to PID. Xiang Fu is added for its ability to Regulate Qi, treat irregular menstruation, and relieve menstrual pain. San Leng and E Zhu function to synergistically and strongly Break Blood Stasis.

FORMULA 2:

Gu Jing Wan “Hold the Menses Pill”
Available in pill and powder form.

Pulse: rapid, wiry or slippery

Tongue: red, yellow coat

Diagnosis: Damp-Heat and Toxins in the Lower Burner

Indications:

Menorrhagia (abnormally heavy bleeding at menstruation), continuous menstruation, abnormal uterine bleeding, vaginal spotting with a bright red flow and dark purple clots, Red or Yellow Belt leukorrhea, lower abdominal pain, mental restlessness

Urine: concentrated yellow color, burning sensation, possibly Blood Lin (blood in the urine)

Treatment Principle: Nourish Yin, Clear Damp-Heat and Toxins in the Lower Burner, Stop bleeding, Astringe leukorrhea

Ingredients:

Huang Qin	(Radix Scutellariae)	12 grams
Huang Bai	(Cortex Phellodendri)	6
Chun Gen Pi (E Bai Pi)	(Cortex Ailanthi)	9
Bai Shao	(Radix Paeoniae Lactiflorae)	12
Gui Ban	(Plastrum Testudinis)	30
Xiang Fu	(Rhizoma Cyperi Rotundi)	6

Dose: 1 bag per day

Ratio: Decocted in 3:1 cups of water

Note:

Gu Jing Wan stops menorrhagia (abnormally heavy bleeding at menstruation) due to Damp-Heat in the Lower Burner while protecting the Yin. This formula is effective for patients with underlying Yin Deficiency and Liver Qi Stagnation that causes Heat which then attacks the Chong (Penetrating) & Ren (Conception) Channels. This disturbance creates Heat in the Blood causing the reckless movement of blood hence the prolonged menses or abnormal uterine bleeding.

FORMULA 3:

Modified Jiao Ai Tang

“Modified Decoction of Artemisia and Donkey-hide Gelatin”

Pulse: wiry *Tongue:* purple

Diagnosis: Blood Stasis in the Lower Burner

Indications:

Prolonged menstrual flow or intermittent vaginal bleeding, leukorrhea, discomfort with bowel movement, abdominal pain, abdominal tenderness upon palpation, abdominal distension, possibly constipation

In some cases: fever

Treatment Principle: Break Blood Stasis to Stop Bleeding

Dose: 1 bag per day *Ratio:* Decocted in 3:1 cups of water

Ingredients:

Sheng Di Huang	(Radix Rehmanniae Glutinosae)	12 grams
Chi Shao	(Radix Paeoniae Rubrae)	9
Dang Gui	(Radix Angelicae Sinensis)	9
Chuan Xiong	(Radix Ligustici Chuanxiong)	6
Ai Ye (charred)	(Folium Artemisiae Argyi)	3
San Qi	(Radix Notoginseng)	9
Pao Jiang	(Radix Zingiberis Preparatum)	12
Xiang Fu	(Rhizoma Cyperi)	9
Yan Hu Suo	(Rhizoma Corydalis)	9
Pu Gong Ying	(Herba Taraxaci)	30
Huang Qin	(Radix Scutellariae)	9

If bleeding continues increase the dosage of the following herbs:

San Qi	15 grams
Pao Jiang	12
Sheng Di Huang	18

Note:

This formula is especially useful for endometritis (inflammation of the uterine lining). In this presentation of PID, the endometrium (the inner mucous membrane of the uterus that sheds during menstruation) becomes infected and therefore bleeds. Infertility may result from endometritis. Here, modified Jiao Ai Tang addresses lower abdominal pain and vaginal bleeding due to Cold and Deficiency created by chronic illness combined with the unresolved Blood Stasis, Heat in the Blood, Damp-Heat in the Lower Burner, and Heat and Toxins.

This formula is a variation of Jiao Ai Tang (Decoction of Artemisia and Donkey-hide Gelatin) which is the historical antecedent to Si Wu Tang (The Four Ingredients Decoction). Jiao Ai Tang has the primary function to stop bleeding and treats injured and deficient Chong (Penetrating) and Ren (Conception) Meridians. Jiao Ai Tang is modified to increase the Invigorating Blood and Heat clearing properties of the formula. This changes the focus of Jiao Ai Tang from primarily treating bleeding due to Deficiency and Coldness in the Chong (Penetrating) and Ren (Conception) Meridians to additionally treating bleeding due to Blood Stagnation, Damp-Heat, Heat and Toxins, and Heat in the Blood. It is not recommended to add additional Stop Bleeding category herbs as it is important to use Break Blood Stasis herbs as the primary method to Stop Bleeding.

The classical presentation of Jiao Ai Tang from the Essentials of the Golden Cabinet (Jin Gui Yao Lue) is: E Jiao (Gelatinum Corii Asini), Ai Ye (Folium Artemisiae), Sheng Di Huang (Radix Rehmanniae Glutinosae), Dang Gui (Radix Angelicae Sinensis), Chuan Xiong (Radix Ligustici Chuanxiong), Shao Yao (Radix Paeoniae), Gan Cao (Radix Glycyrrhizae).

This presentation of Jiao Ai Tang excludes E Jiao to ensure that the bleeding is stopped by Breaking Blood Stasis. However, this formula is not cooked with Jiao (rice wine) as in the original preparation of Jiao Ai Tang. Chi Shao Yao supplants Bai Shao Yao to enhance the functions of Cooling and Invigorating the Blood. Pao Jiang (roasted ginger) is astringent, stops bleeding, and is added to warm the channels to assist in Breaking Blood Stasis in order to help fight the infection. San Qi is added for its special property to stop uterine bleeding without creating Blood Stagnation. The charred variety of Ai Ye is used to enhance the stop bleeding function of the herb. Ai Ye also helps to warm the channels to stop gynecological related bleeding.. Combined with Xiang Fu, Chuan Xiong and Dang Gui, Ai Ye addresses Deficiency and Cold of the Lower Burner with abdominal coldness and pain and/or irregular menstruation with pain. Xiang Fu and Yan Hu Suo address Blood Stagnation and dysmenorrhea. Huang Qin is added to Clear Damp-Heat. Pu Gong Ying is added because it enters the Stomach and Liver Channels, Clears Heat and Eliminates Toxins, and Eliminates Damp-Heat.

Review Exercises for Personal Enrichment

Answers on the Next Page

(This is not the course quiz)

PID and Chinese Medicine, #1

1. Which is LEAST true of PID diagnostics?

- I Damp-Heat and Toxins in the Lower Burner
- II 4 Levels differentiation: Qi Level Heat that may progress to the Ying Level
- III 6 Stages differentiation: Yangming Stage illness that may progress to the Tai Yin Stage
- IV 6 Stages differentiation: Taiyang Stage illness that may progress to the Shaoyang Stage

2. What is not an important factor of susceptibility to PID?

- 1 Sexual Transmitted Diseases (STD's), especially gonorrhea and chlamydia
- 2 Uterine foreign object: IUD (typically starts with unilateral pain but may become bilateral)
- 3 Sexual intercourse one day prior to or during menstruation
- 4 Surgery in the pelvic cavity
- 5 Abortion, especially multiple abortions
- 6 Congenital mitral valve defect
- 7 Postpartum
- 8 Miscarriage, especially chronic miscarriages
- 9 Nearby organ (urination bladder, large intestine) transfers infection, especially appendicitis transfers infection
- 10 The very first time of sexual intercourse

3. GB27 and GB28 are both...

- A. Meeting Points of the Gallbladder (Foot Shaoyang) channel with the Ren (Conception) channel.
- B. Meeting Points of the Gallbladder (Foot Shaoyang) channel with the Chong (Penetrating) channel.
- C. Meeting Points of the Gallbladder (Foot Shaoyang) channel with the Dai (Belt, Girdle) channel.

4. Gu Jing Wan treats damp-heat toxins in the lower burner and contains the herbs...

- A. Huang Qin, Huang Bai, Chun Gen Pi, Bai Shao, Gui Ban, Mu Xiang
- B. Huang Qin, Huang Bai, Chun Gen Pi, Bai Shao, Gui Ban, Xiang Fu
- C. Huang Qin, Huang Bai, Chun Gen Pi, Bai Shao, Gui Ban, Wu Zhu Yu

Answers to Review Exercises

1. Which is LEAST true of PID diagnostics?

- I Damp-Heat and Toxins in the Lower Burner
 - II 4 Levels differentiation: Qi Level Heat that may progress to the Ying Level
 - III 6 Stages differentiation: Yangming Stage illness that may progress to the Tai Yin Stage
 - IV 6 Stages differentiation: Taiyang Stage illness that may progress to the Shaoyang Stage
- Answer: IV

2. What is not an important factor of susceptibility to PID?

- 1 Sexual Transmitted Diseases (STD's), especially gonorrhea and chlamydia
- 2 Uterine foreign object: IUD (typically starts with unilateral pain but may become bilateral)
- 3 Sexual intercourse one day prior to or during menstruation
- 4 Surgery in the pelvic cavity
- 5 Abortion, especially multiple abortions
- 6 Congenital mitral valve defect
- 7 Postpartum
- 8 Miscarriage, especially chronic miscarriages
- 9 Nearby organ (urination bladder, large intestine) transfers infection, especially appendicitis transfers infection
- 10 The very first time of sexual intercourse

Answer: 6

3. GB27 and GB28 are both...

- A. Meeting Points of the Gallbladder (Foot Shaoyang) channel with the Ren (Conception) channel.
- B. Meeting Points of the Gallbladder (Foot Shaoyang) channel with the Chong (Penetrating) channel.
- C. Meeting Points of the Gallbladder (Foot Shaoyang) channel with the Dai (Belt, Girdle) channel.

Answer: c

4. Gu Jing Wan treats damp-heat toxins in the lower burner and contains the herbs...

- A. Huang Qin, Huang Bai, Chun Gen Pi, Bai Shao, Gui Ban, Mu Xiang
- B. Huang Qin, Huang Bai, Chun Gen Pi, Bai Shao, Gui Ban, Xiang Fu
- C. Huang Qin, Huang Bai, Chun Gen Pi, Bai Shao, Gui Ban, Wu Zhu Yu

Answer: b

Summary Table of PID Formulas

See *PID and Chinese Medicine Part Two* for additional formulas and herbal formulas and treatment for of cervical infection, cervicitis, cervical dysplasia, and vaginitis.

Summary of Acute PID Formulas	
<i>Formula</i>	Huang Lian Jie Du Tang
<i>Diagnosis</i>	Damp-Heat in the Lower Burner, Fire Toxins in all three Burners
<i>Key Indicators</i>	Acute lower abdominal pain, red or yellow belt leukorrhea, high fever, mental restlessness, dry mouth, thirst, dark yellow and burning urination
<i>Treatment Principles</i>	Purge Fire, Release Toxins, Clear Damp-Heat
<i>Ingredients</i>	Huang Lian, Huang Qin, Huang Bai, Zhi Zi
<i>Formula</i>	Modified Da Huang Mu Dan Tang
<i>Diagnosis</i>	Damp-Heat in the Lower Burner, Qi Stagnation and Blood Stasis in the Lower Burner
<i>Key Indicators</i>	Lower abdominal pain that is worse upon pressure, yellow belt leukorrhea, fever, chills
<i>Treatment Principles</i>	Clear Heat, Eliminate Toxins, Break Blood Stasis, Drain Dampness, Reduce swelling
<i>Ingredients</i>	Da Huang, Mu Dan Pi, Tao Ren, Bai Jiang Cao, Jin Yin Hua, Lian Cao, Chi Shao, Yi Yi Ren, Hong Teng, Zhi Zi, Yan Hu Suo, Chuan Lian Zi

Note:

Take *PID and Chinese Medicine, Part Two* for additional PID topics including cervicitis, cervical dysplasia, cervical infection, vaginitis, and 15 additional herbal formulas for PID.

Summary of Chronic PID Formulas	
<i>Formula</i>	Modified Gui Zhi Fu Ling Wan
<i>Diagnosis</i>	Blood Stasis in the Lower Burner
<i>Key Indicators</i>	Lower abdominal pain or distension, irregular menstruation, menstrual blood clots, antedated dysmenorrhea, mild or persistent uterine bleeding, lower abdominal masses with pain upon palpation
<i>Treatment Principles</i>	Break Blood Stasis
<i>Ingredients</i>	Gui Zhi, Fu Ling, Mu Dan Pi, Tao Ren, Chi Shao, Huang Qi, Zao Jiao Ci, Xiang Fu, San Leng, E Zhu
<i>Formula</i>	Gu Jing Wan
<i>Diagnosis</i>	Damp-Heat and Toxins in the Lower Burner
<i>Key Indicators</i>	Menorrhagia, continuous menstration, abnormal uterine bleeding, vaginal spotting with bright red flow and dark purple clots, red or yellow belt leukorrhea, lower abdominal pain, mental restlessness, dark yellow urine or blood in the urine, burning sensation of urination
<i>Treatment Principles</i>	Nourish Yin, Clear Damp-Heat and Toxins in the Lower Burner, Stop Bleeding, Astringe leukorrhea
<i>Ingredients</i>	Huang Qin, Huang Bai, Chun Gen Pi, Bai Shao, Gui Ban, Xiang Fu
<i>Formula</i>	Modified Jiao Ai Tang
<i>Diagnosis</i>	Blood Stasis in the Lower Burner
<i>Key Indicators</i>	Prolonged menstrual flow or intermittent vaginal bleeding, leukorrhea, discomfort with bowel movement, abdominal pain, abdominal tenderness upon palpation, abdominal distension
<i>Treatment Principles</i>	Break Blood Stasis to Stop Bleeding
<i>Ingredients</i>	Sheng Di Huang, Chi Shao, Dang Gui, Chuan Xiong, Ai Ye, San Qi, Pao Jiang, Xiang Fu, Yan Hu Suo, Pu Gong Ying, Huang Qin

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