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PID and Chinese Medicine

Part Two

by

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Acute Stage PID Formulas

FORMULA 3:

Long Dan Xie Gan Tang “Gentiana Purge Liver Fire Decoction”
Available in pill and powder form.

Pulse: Rapid, wiry

Tongue: Red body with red dots on the sides, thick greasy-yellow coating

Diagnosis: Liver Fire, Damp-Heat in the Liver and Gallbladder Channels

Indications:

Acute lower abdominal pain, inguinal groove pain, profuse Yellow or Red Belt leukorrhea (yellow or red, brown discharge) with foul odor, fever, vaginal bleeding
Urine: concentrated dark yellow color and burning sensation

Treatment Principle: Purge Liver and Gallbladder Fire, Clear Liver and Gallbladder Damp-Heat, Cool the Blood, Stop Bleeding

Ingredients:

Long Dan Cao	(Radix Gentianae Longdancao)	6 grams
Huang Qin	(Radix Scutellariae)	9
Zhi Zi	(Fructus Gardeniae Jasminoides)	6
Ze Xie	(Rhizoma Alismatis Orientalis)	9
Che Qian Zi	(Semen Plantaginis)	9
Mu Tong	(Caulis Mutong)	6
Sheng Di Huang	(Radix Rehmanniae Glutinosae)	12
Dang Gui	(Radix Angelicae Sinensis)	9
Chai Hu	(Radix Bupleuri)	6
Gan Cao	(Radix Glycyrrhizae)	4.5

For Lower Burner Blood Stagnation and constipation add:

Da Huang	9
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Dose: 1 bag per day *Ratio:* Decocted in 3:1 cups of water

FORMULA 4:

Modified Tao He Cheng Qi Tang “Modified Peach Pit Good Qi Decoction”

Pulse: deep or full, choppy *Tongue:* purple or purple spots

Diagnosis: Lower Burner Blood Stagnation, Heat in the Blood Level

Indications:

Sharp and fixed acute lower abdominal pain that worsens with pressure, constipation, mental restlessness or mania, fever at night, thirst, dark stool, dysuria (painful or difficult urination), incontinence of urine, vaginal bleeding with dark purple clots

Treatment Principle: Eliminate Heat, Break Blood Stasis

Ingredients:

Tao Ren	(Semen Persica)	12 grams
Gui Zhi	(Ramulus Cinnamomi Cassiae)	6
Da Huang	(Radix et Rhizoma)	9
Mang Xiao	(Mirabilitum)	6 (add to decoction, do not cook)
Zhi Gan Cao	(Radix Glycyrrhizae Preparata)	6
Bai Jiang Cao	(Herba cum Radice Patriniae)	9
Huang Qin	(Radix Scutellariae)	9
Huang Lian	(Rhizoma Coptidis)	6

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

Note:

This formula is especially useful for postpartum PID, endometritis, uterine infection, or fallopian tube infection that present with Excess Heat and constipation. Mental clarity and emotional indications arise from the Heart’s relationship to the Shen (Spirit) and Blood. This formula is for Heat in the Blood Level and Blood Stagnation which relate to the Heart because the Heart rules the Blood. The Heart houses the Shen (Spirit) hence the emotional and mental clarity indications for this formula. Heat in the Blood also causes the fevers at night which is another key indicator for the use of this formula.

Chronic PID Formulas

FORMULA 4:

Modified Ju He Wan “Modified Tangerine Seed Pills”

Pulse: wiry *Tongue:* purple, thin white coat

Diagnosis: Qi and Blood Stagnation

Indications: Lower abdominal and inguinal region pain, lower abdominal distension, low back pain, irritability. In some cases: white or yellow belt leukorrhea, antedated dysmenorrhea, irregular menstruation, lower abdominal masses.

Treatment Principle: Regulate Qi and Vitalize the Blood

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

Ingredients:

Ju He	(Semen Citri Reticulatae)	6 grams
Chuan Lian Zi	(Fructus Toosendan)	6
Yan Hu Suo	(Rhizoma Corydalis Yanhusuo)	6
Dan Shen	(Radix Salviae Miltiorrhizae)	9
Chi Shao Yao	(Radix Paeoniae Rubrae)	6
Xiang Fu	(Rhizoma Cyperi)	9
Lu Lu Tong	(Fructus Liquidambaris)	6
Gan Cao	(Radix Glycyrrhizae)	6

For persistent abdominal masses, sharp and fixed lower abdominal pain, and purple clots in the menstrual flow add the following Invigorate Blood herbs:

San Leng	(Rhizoma Sparganii)	6 grams
E Zhu	(Rhizoma Curcumae)	6

For Damp Heat symptoms including Yellow belt leukorrhea add:

Hong Teng	(Caulis Sargentodoxae)	9 grams
Bai Jiang Cao	(Herba cum Radice Patriniae)	9
Huang Bai	(Cortex Phellodendri)	9

For Red Belt leukorrhea (blood in the vaginal discharge) add Hong Teng, Bai Jiang Cao, Huang Bai from above plus:

Chun Gen Pi (E Bai Pi)	(Cortex Ailanthi)	9 grams
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Note: In this presentation the Ju He, Chuan Lian Zi, and Yan Hu Suo are maintained from the base formula to Regulate Qi and Blood and to stop pain. Dan Shen is added to treat abdominal pain and masses due to Blood Stasis while at the same to protect and nourish the Blood. Chi Shao is added for its ability to Clear Heat, Cool the Blood, and Relive Blood Stasis & Pain. Chi Shao treats Blood Stagnation in the uterus. Xiang Fu is added for its ability to Regulate Qi, treat irregular menstruation, and relieve menstrual pain. Lu Lu Tong Invigorates the Blood, opens blockages (including fallopian tube blockages) due to PID, and treats pain of the lower back due to Qi and Blood Stagnation. Gan Cao is added to harmonize the formula.

FORMULA 5:

Modified Tao Hong Si Wu Tang

“Modified Safflower and Peach Pit with Four Substance Decoction”

Pulse: thready (also called “thin”), wiry or choppy *Tongue:* pale or purple

Diagnosis: Blood Stasis and Deficiency, Heat in the Blood

Indications:

Constant dull or sharp pelvic region pain, Yellow or White Belt leukorrhea, scarring or masses in the pelvic region, irregular menses characterized by dark purple clots, antedated dysmenorrhea (cramping and pain prior to menstruation) and/or prolonged menstrual bleeding.

Treatment Principle: Vitalize the Blood, Regulate the Liver Channel and Menses

Ingredients:

Tao Ren	(Semen Persica)	6 grams
Hong Hua	(Flos Carthami)	6
Dang Gui	(Radix Angelicae Sinensis)	9
Chuan Xiong	(Radix Ligustici Chuanxiong)	6
Chi Shao	(Radix Paeoniae Rubrae)	9
Sheng Di Huang	(Radix Rehmanniae Glutinosae)	12
Wu Ling Zhi	(Faeces Troglodytorum)	6
Xiang Fu	(Rhizoma Cyperi Rotundi)	6
Huang Bai	(Cortex Phellodendri)	6

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

For increased cramping & pain prior to menstruation, purple clots, or a stronger function to address abdominal masses add:

San Leng	(Rhizoma Sparganii)	6 grams
E Zhu	(Rhizoma Curcumae)	6
Yan Hu Suo	(Rhizoma Corydalis)	9

If Heat in the Blood is less prevalent: replace Chi Shao with Bai Shao, Rreplace Sheng Di Huang with Shu Di Huang.

An increase of Heat in the Blood may present with a red tongue, rapid pulse, general excessive uterine bleeding or excessive blood loss during the periods with dark red flow, restlessness, a general feeling of heat in the body, thirst, dry mouth, and skin diseases with red eruptions & itching. If there is a greater prevalence of Heat in the Blood add:

Mu Dan Pi	(Cortex Moutan Radicis)	6 grams
Zhi Zi	(Fructus Gardeniae Jasminoides)	6

FORMULA 6:

Modified You Gui Wan “Modified Right Side Kidney Restorative Pill”

Pulse: thin, deep, slow *Tongue:* pale, thin white coat

Diagnosis: Spleen Qi Deficiency, Kidney Yang Deficiency

Indications:

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, menstrual pain that worsens after the menstrual flow ceases

Treatment Principle:

Tonify Spleen Qi, Tonify Kidney Yang, Resolve Dampness

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

Ingredients:

Shan Yao	(Rhizoma Dioscoreae)	9 grams
Du Zhong	(Cortex Eucommiae)	9
Lu Jiao	(Cornu Cervi)	6
Shu Di Huang	(Radix Rehmanniae Preparata)	9
Tu Si Zi	(Semen Cuscutae)	6
Mu Dan Pi	(Cortex Moutan Radicis)	6
Fu Ling	(Poria)	9
Xu Duan	(Radix Dipsaci)	9
Xiang Fu	(Rhizoma Cyperi Rotundi)	6
Gan Cao	(Radix Glycyrrhizae)	4.5

If there is profuse White Belt vaginal discharge add:

Qian Shi	(Semen Euryales)	9 grams
Jin Ying Zi	(Fructus Rosae Laevigatae)	9

For abdominal masses add:

San Leng	(Rhizoma Sparganii)	6 grams
E Zhu	(Rhizoma Curcumae)	6

Note:

You Gui Wan, in its original presentation, includes the following herbs: Fu Zi, Rou Gui, Shan Zhu Yu, Gou Qi Zi, Dang Gui, Shan Yao, Du Zhong, Lu Jiao Jiao, Shu Di Huang, Tu Si Zi. The modified version of the formula restores the bodily constitution that has been exhausted due to chronic PID. In this presentation, Shan Yao, Du Zhong, Lu Jiao Jiao (in the form of Lu Jiao), Shu Di Huang, and Tu Si Zi are maintained from the original You Gui Wan to Tonify Kidney Yang, benefit Spleen Qi, and nourish the

Blood. Fu Ling and Mu Dan Pi are added which are components of a similar Kidney Yang restorative formula: Jin Gui Shen Qi Wan “Kidney Qi Pill from the Golden Cabinet”. Fu Ling benefits Spleen Qi and Drains Dampness. Mu Dan Pi enters the Liver and Kidney channels, Disperses Blood Stasis, and Cools the Blood. Xu Duan tonifies the Liver and Kidneys, stops uterine bleeding, and treats lower back pain. Xiang Fu is added for its ability to Regulate Qi, treat irregular menstruation, and relieve menstrual pain. Gan Cao tonifies Qi and harmonizes the formula.

FORMULA 7:

Modified Long Dan Xie Gan Tang with Jin Ling Zi San “Modified Gentiana Purge Liver Fire Decoction” with “Melia Toosendan Powder, Golden Bell Seed Powder”

Pulse: thready (also called “thin”), slippery *Tongue:* red, greasy yellow coat

Diagnosis: Damp Heat in the Liver and Gallbladder Meridians, Blood Stasis, Heat and Stasis in the Dai (Belt) Meridian

Indications:

Lower abdominal pain, lower abdominal distension, profuse Yellow or Red Belt leukorrhea (yellow or red, brown discharge) with foul odor, vertex or temporal headache, pelvic mass (palpable lump or revealed by ultrasound or other objective tests)

Treatment Principle: Clear Damp Heat from the Lower Burner, Vitalize the Blood, Regulate (“walk”) the Qi

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

Ingredients:

Long Dan Cao	(Radix Gentianae Longdancao)	6 grams
Huang Qin	(Radix Scutellariae)	6
Zhi Zi	(Fructus Gardeniae Jasminoides)	6
Sheng Di Huang	(Radix Rehmanniae Glutinosae)	9
Dang Gui	(Radix Angelicae Sinensis)	9
Chai Hu	(Radix Bupleuri)	6
Gan Cao	(Radix Glycyrrhizae)	4.5
Chuan Lian Zi	(Fructus Toosendan)	6
Yan Hu Suo	(Rhizoma Corydalis Yanhusuo)	6
Dan Shen	(Radix Salviae Miltiorrhizae)	9
Bie Jia	(Carapax Trionycis)	9
Zao Jiao Ci	(Spina Gleditsiae)	9

Note: 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 treat Liver Qi Stagnation & Fire and Liver channel pain. Added to Long Dan Xie Gan Tang with the proper modifications, this formula combination strongly clears Damp-Heat while protecting the Yin. Ze Xie, Che Qian Zi, and Mu Tong are removed from Long Dan Xie Gan Tang to prevent depletion of the patient’s constitution. Bie Jia is added to nourish and protect the Yin and to dissipate masses in the Lower Burner from Blood Stasis. Dan Shen is added to the combined formulas to treat abdominal pain and masses due to Blood Stasis while at the same to protect and nourish the Blood. Zao Jiao Ci eliminates toxicity, drains pus, activates blood circulation, reduces swelling, and is recognized as an important herb for the treatment of obstructions or adhesions related to PID.

FORMULA 8:

Shao Yao Gan Cao Tang “Peony and Licorice Decoction”

Ingredients:

Bai Shao	(Radix Paeoniae Lactiflorae)	12 grams
Zhi Gan Cao	(Radix Glycyrrhizae Preparata)	12

This formula Nourishes Yin & Tendons and Stops Pain. It Harmonizes the Liver and Spleen and is therefore used for abdominal pain due to Liver Qi attacking the Spleen and Stomach. This formula is also used for the Liver Yin and Blood not Nourishing the Tendons and it is therefore used for pain of the four limbs. For chronic PID, this formula is used for treating abdominal pain often accompanied by diarrhea when the Liver and Spleen are not Harmonized.

FORMULA 9:

Dan Zhi Xiao Yao San (Jia Wei Xiao Yao San)
“Moutan and Gardenia with Relaxed Qi and Shake the Blood Powder”

Ingredients:

Chai Hu	(Radix Bupleuri)	9 grams
Bai Shao	(Radix Paeoniae Lactiflorae)	9
Zhi Gan Cao	(Radix Glycyrrhizae Preparata)	6
Dang Gui	(Radix Angelicae Sinensis)	9
Bai Zhu	(Rhizoma Atractylodis Macrocephalae)	9
Fu Ling	(Sclerotium Poriae Cocos)	12
Bo He	(Herba Menthae Haplocalycis)	6
Sheng Jiang	(Rhizoma Zingiberis Officinalis Recens)	2 slices

This formula Tonifies the Blood, Regulates the Menses, Harmonizes the Liver and Spleen, and Clears Heat. It is used for Liver Qi Stagnation, Blood Deficiency, and Spleen Deficiency when there are Heat signs. Indications for use with chronic PID include lower abdominal pain, shortened or irregular menstrual cycle, increased menstrual flow, abnormal uterine bleeding, and a menstrual flow with a fresh red color. Other indications include Shaoyang related disorders such as headache, dizziness, dry mouth, dry throat, blurry vision, costal region pain, and alternating chills and fever. Other indications include irritability, redness of the eyes, night sweating, tidal fever, and fatigue.

Xiao Yang Fang “Make Disappear Itching Formula”

The itching referred to in the name of this series of formulas refers to the fact that a light infection causes itching and a more serious infection causes pain. This special Xiao Yang Fang section focuses on the principles and herbal formulas, related to 4 major presentations of PID, that were recommended by Prof. Sharon Feng, L.Ac.

General Principles:

Clear Heat, Reduce Toxins, Regulate Qi, Expel Dampness, Warm the Channels, Transform Phlegm, Expel Stagnation

Preparation: 3:1 decoction, 1 cup per day

Xiao Yang Fang formula 1 for Damp-Heat PID:

Chai Hu	(Radix Bupleuri)	9 grams
Huang Qin	(Radix Scutellariae)	9
Chi Shao (Yao)	(Radix Paeoniae Rubrae)	9
Yi Yi Ren	(Semen Coicis)	12
Bai Jiang Cao	(Herba cum Radice Patriniae)	18
Chuan Lian Zi	(Fructus Meliae Toosendan)	9
Chen Pi	(Pericarpium Citri Reticulatae)	6

Xiao Yang Fang formula 2 for Cold Stagnation PID:

Dang Gui	(Radix Angelicae Sinensis)	12 grams
Bai Shao	(Radix Paeoniae Lactiflorae)	6
Chi Shao (Yao)	(Radix Paeoniae Rubrae)	12
Ru Xiang	(Gummi Olibanum)	3
Rou Gui	(Cortex Cinnamomi Cassiae)	3
Xiang Fu	(Rhizoma Cyperi Rotundi)	6

This form of PID refers to Cold Stagnation in the Liver channel.

Xiao Yang Fang formula 3 for Damp Phlegm Congestion PID:

Cang Zhu	(Rhizoma Atractylodis)	9 grams
Fu Ling	(Sclerotium Poriae Cocos)	12
Cao Dou Kou	(Semen Alpiniae Katsumadai)	6
Ban Xia	(Rhizoma Pinelliae)	9
Xiang Fu	(Rhizoma Cyperi Rotundi)	6
Dan Shen	(Radix Salviae Miltiorrhizae)	12
Chi Shao (Yao)	(Radix Paeoniae Rubrae)	9

This form of PID always includes leukorrhea as an indication.

Xiao Yang Fang formula 4 for Fallopian Tube Blockage PID:

Dan Shen	(Radix Salviae Miltiorrhizae)	15 grams
Chi Shao (Yao)	(Radix Paeoniae Rubrae)	9
Xiang Fu	(Rhizoma Cyperi Rotundi)	6
Cang Zhu	(Rhizoma Atractylodis)	6
Pu Huang	(Pollen Typhae)	6
Wu Ling Zhi	(Faeces Trogopterorum)	9

Indications may include lumps or pain in the fallopian tube region.

Xiao Yang Fang modifications for formulas 1-4:

For increased Damp-Heat: add Pu Gong Ying (Herba Taraxaci) 15 grams, also Bai Jiang Cao and Hong Teng may be added

For Spleen Qi Deficiency: add or increase Bai Zhu (Rhizoma Atractylodis Macrocephalae), Dang Shen (Radix Codonopsis), Fu Ling (Sclerotium Poriae Cocos)

For Kidney Qi Deficiency: add Xu Duan (Radix Dipsaci), Gou Ji (Rhizoma Cibotii)

Xiao Yang Fang external wash formula 1 for vaginitis:

She Chuang Zi	(Fructus Cnidii)	12 grams
Di Fu Zi	(Fructus Kochiae)	12
Pu Gong Ying	(Herba Taraxaci)	9
Ku Shen	(Radix Sophorae Flavescens)	3
Da Huang	(Radix et Rhizoma)	9
Huang Bai	(Cortex Phellodendri)	9
Wei Ling Xian	(Radix Clematidis)	6
Bai Xian Pi	(Cortex Dictamni)	9
Ku Fan	(Alumen Praeparatum)	6
Bo He	(Herba Menthae Haplocalycis)	3

Cervical Infection, Cervicitis, & Cervical Dysplasia

Diagnoses:

- I Damp Heat in the Lower Burner
- II Excess Heat and Toxins
- III Spleen & Kidney Qi Deficiency and Dampness

Indications:

Completely asymptomatic (or)

White, Red, or Yellow Belt leukorrhea (typically gray or yellow color and often more pronounced immediately following the menstrual period), vaginal bleeding (between menstrual periods, post-menopausal bleeding, and especially following sexual intercourse), painful intercourse, vaginal itching, irritation of the external genitals, burning or frequent urination, lower back pain, abdominal pain, infertility. In severe cases: fever, nausea

Cervicitis

Symptomatically, cervicitis is often differentiated from other forms of PID by bleeding after sexual intercourse. Unlike vaginal infections which are typically uncomfortable, a cervical infection may not itch. Cervical infections, cervicitis, and cervical dysplasia are potentially asymptomatic. Therefore, it is strongly recommended that women have a pap smear at least once per year and more than once per year if there is vaginal discharge. A cervical infection may cause inflammation of the cervix (cervicitis) and/or cervical dysplasia.

Most cases of cervicitis are caused by an infection. Chlamydia, gonorrhea, and trichomonas are three common sexually transmitted diseases contributing to cervicitis. Other organisms such as herpes simplex, streptococcus, staphylococcus, enterococcus, and Gardnerella vaginalis may also lead to cervicitis. Other contributory factors to cervicitis may be a reaction to chemicals in douches and contraceptives, tampons, allergic reactions to latex condoms, and physical injury.

Cervical Dysplasia

Cervical dysplasia, labeled “pre-cancer” since it has not yet advanced to the cancer stage, is abnormal growth of the cells lining the cervix. Mild dysplasia is the most common type and the cervical tissue returns to normal without treatment in the majority of reported cases.

If untreated (and in some cases even when treated), cervical dysplasia may advance to cervical cancer. Risk factors for cervical dysplasia include multiple sexual partners, HPV (human papillomavirus) infections, HIV infections, tobacco smoking of either the male or female sexual partner, poor nutrition, and the use of oral contraceptives. Also, the daughters of pregnant women who were prescribed diethylstilbestrol (DES), a synthetic estrogen, are at risk. Cervical dysplasia may be asymptomatic. It is strongly recommended that women have a pap smear at least once per year and more than once per year if there is vaginal discharge. Routine visits to a gynecologist for early detection may help in the prevention of cervical cancer.

Formulas for Cervical Infection, Cervicitis, & Cervical Dysplasia

FORMULA 1:

Modified Yi Huang Tang “Modified Change Yellow (discharge) Decoction”

Pulse: slippery, rapid Tongue: red, yellow coat

Diagnosis: Damp Heat in the Lower Burner with Spleen Qi Deficiency

Indications: Yellow Belt leukorrhea (yellow color, foul odor), lower abdominal pain, low back pain, infertility, dysmenorrhea, cervical erosion, vaginal bleeding following sexual intercourse

Treatment Principle: Clear Damp Heat, Drain Dampness, Strengthen the Spleen, Stop Leukorrhea

Ingredients:

Shan Yao	(Rhizoma Dioscoreae)	9 grams
Qian Shi	(Semen Euryales)	9
Huang Bai	(Cortex Phellodendri)	6
Che Qian Zi	(Semen Plantaginis)	6
Bai Guo (Yin Xing)	(Semen Ginkgo)	6
Ze Xie	(Rhizoma Alismatis Orientalis)	6
Chun Gen Pi (E Bai Pi)	(Cortex Ailanthi)	6
Mu Dan Pi	(Cortex Moutan Radicis)	6
Bai Jiang Cao	(Herba cum Radice Patriniae)	9

For Red Belt leukorrhea add:

San Qi	(Radix Notoginseng)	6 grams
Di Yu	(Radix Sanguisorbae)	9

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

FORMULA 2:

Modified Wan Dai Tang “Modified End Discharge Decoction”

Pulse: moderate (normal or slow, peaceful & unhurried)

Tongue: pale, thick white coat

Diagnosis: Spleen Qi Deficiency and Dampness

Indications: Profuse White or mild Yellow Belt Leukorrhea (white or pale yellow color with no foul odor), low energy, loose stools, cold limbs, pale complexion

Treatment Principle: Tonify Spleen Qi, Transform Dampness, Stop Leukorrhea

Ingredients:

Ren Shen	(Radix Ginseng)	6 grams
Bai Zhu	(Rhizoma Atractylodis Macrocephalae)	6
Chen Pi	(Pericarpium Citri Reticulatae)	6
Shan Yao	(Rhizoma Dioscoreae)	9
Cang Zhu	(Rhizoma Atractylodis)	6
Che Qian Zi	(Semen Plantaginis)	9
Bai Shao	(Radix Paeoniae Lactiflorae)	12
Chai Hu	(Radix Bupleuri)	6
Gan Cao	(Radix Glycyrrhizae)	4.5

For Kidney Qi Deficiency with lower back pain add:

Du Zhong	(Cortex Eucommiae)	9
Tu Si Zi	(Semen Cuscutae)	9

For Damp Heat add:

Bai Jiang Cao	(Herba cum Radice Patriniae)	9
Huang Bai	(Cortex Phellodendri)	6
Chun Gen Pi (E Bai Pi)	(Cortex Ailanthi)	9

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

Topical Application Formula:

The following topical powders are used in China but may not meet various State legal requirements. Also, check local laws and regulations on usage permissibility. The following topical powders are traditionally used in China for the treatment of cervical infections, cervicitis, cervical erosion, and cervical dysplasia but not for the treatment of cervical cancer.

This topical herbal formula treatment does not cause scar tissue. Procedures such as Loop electrocautery excision procedure (LEEP) and conization may cause scar tissue and damage to the cervix and are therefore only recommended when cervical cancer is suspect. Consult with a gynecologist on this issue before proceeding. The following formula is recommended by Prof. Shao Hua Li, L.Ac. for topical application for cervical dysplasia and infections:

Ingredients:

Wu Bei Zi	(Galla Chinensis)	30 grams
Ku Fan	(Alumen Praeparatum)	18 grams

Ratio and Preparation:

Combine herbs into a powder at a 10:6 ratio of Wu Bei Zi to Ku Fan. Do not mix the powder with water. This causes acidity problems and reduces the functional power of the formula.

Dose and Application:

After the menstrual cycle, the powder is applied once per day for three days to the cervix. This is repeated for a total of three menses. Local washing is performed daily prior to re-applying the topical powder. The application of the topical powder requires the assistance of a gynecologist and the appropriate application equipment wherein the gynecologist opens the cervix and sprays the topical powder formula onto the cervix.

Note:

Practitioners traditionally use variations of this topical application formula including the addition of powdered Huang Bai (Cortex Phellodendri), Bing Pian (Borneolum Syntheticum), and Qing Dai (Indigo Naturalis). Ingredients are often sterilized with techniques such as ultraviolet radiation. One alternate application technique employed in China includes placing the herbs atop a wad of cotton gauze and inserting it up against the cervix and then changing the gauze every day.

Review Exercises for Personal Enrichment
Answers on the Next Page
(This is not the course quiz)

PID and Chinese Medicine, #2

1. For PID with Liver Fire and Damp-Heat in the Liver and Gallbladder Channels use...
 - a. Long Dan Xie Gan Tang
 - b. Jiao Ai Tang
 - c. Si Jun Zi Tang with Yin Qiao San

2. For PID with Lower Burner Blood Stagnation and Heat in the Blood Level use...
 - a. Modified Tao He Cheng Qi Tang
 - b. Modified Si Wu Tang
 - c. Modified Gan Mao Ling

3. When using Ju He Wan, add San Leng and E Zhu for...
 - a. headache with neck stiffness
 - b. bleeding due to Blood Heat
 - c. abdominal masses with sharp and fixed lower abdominal pain

4. Cervical infections, cervicitis and cervical dysplasia may involve a combination of...
 - a. Damp Heat in the Lower Burner
 - b. Excess Heat and Toxins
 - c. Spleen and Kidney Qi Deficiency and Dampness
 - d. All of the Above
 - e. None of the Above

Answers to Review Exercises

1. For PID with Liver Fire and Damp-Heat in the Liver and Gallbladder Channels use...

- a. Long Dan Xie Gan Tang
- b. Jiao Ai Tang
- c. Si Jun Zi Tang with Yin Qiao San

Answer: a

2. For PID with Lower Burner Blood Stagnation and Heat in the Blood Level use...

- a. Modified Tao He Cheng Qi Tang
- b. Modified Si Wu Tang
- c. Modified Gan Mao Ling

Answer: a

3. When using Ju He Wan, add San Leng and E Zhu for...

- a. headache with neck stiffness
- b. bleeding due to Blood Heat
- c. abdominal masses with sharp and fixed lower abdominal pain

Answer: c

4. Cervical infections, cervicitis and cervical dysplasia may involve a combination of...

- a. Damp Heat in the Lower Burner
- b. Excess Heat and Toxins
- c. Spleen and Kidney Qi Deficiency and Dampness
- d. All of the Above
- e. None of the Above

Answer: d

Summary Table of PID Formulas

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>	Long Dan Xie Gan Tang
<i>Diagnosis</i>	Liver Fire, Damp-Heat in the Liver and GB channels
<i>Key Indicators</i>	Acute lower abdominal pain, inguinal groove pain, profuse yellow or red belt leukorrhea, vaginal bleeding, dark yellow and burning urination
<i>Treatment Principles</i>	Purge Liver and GB Fire, Clear Liver and GB Damp-Heat, Cool the Blood, Stop Bleeding
<i>Ingredients</i>	Long Dan Cao, Huang Qin, Zhi Zi, Ze Xie, Che Qian Zi, Mu Tong, Sheng Di Huang, Dang Gui, Chai Hu, Gan Cao
<i>Formula</i>	Modified Tao He Cheng Qi Tang
<i>Diagnosis</i>	Lower Burner Blood Stagnation, Heat in the Blood Level
<i>Key Indicators</i>	Sharp and fixed acute lower abdominal pain that worsens with pressure, constipation, mental restlessness or mania, fever at night, thirst, dark stool, dysuria, incontinence of urine, vaginal bleeding with purple clots
<i>Treatment Principles</i>	Eliminate Heat, Break Blood Stasis
<i>Ingredients</i>	Tao Ren, Gui Zhi, Da Huang, Mang Xiao, Zhi Gan Cao, Bai Jiang Cao, Huang Qin, Huang Lian
<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

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

<i>Formula</i>	Modified Ju He Wan
<i>Diagnosis</i>	Qi and Blood Stagnation
<i>Key Indicators</i>	Lower abdominal and inguinal region pain, lower abdominal distension, low back pain, irritability
<i>Treatment Principles</i>	Regulate Qi and Vitalize the Blood
<i>Ingredients</i>	Ju He, Chuan Lian Zi, Yan Hu Suo, Dan Shen, Chi Shao, Xiang Fu, Lu Lu Tong, Gan Cao
<i>Formula</i>	Modified Tao Hong Si Wu Tang
<i>Diagnosis</i>	Blood Stasis and Deficiency, Heat in the Blood
<i>Key Indicators</i>	Constant pelvic region pain, yellow or white belt leukorrhea, scarring or masses in the pelvic region, irregular menses characterized by dark purple clots, antedated dysmenorrhea and/or prolonged menstrual bleeding
<i>Treatment Principles</i>	Vitalize the Blood, Regulate the Liver Channel and Menses
<i>Ingredients</i>	Tao Ren, Hong Hua, Dang Gui, Chi Shao, Sheng Di Huang, Wu Ling Zhi, Xiang Fu, Huang Bai
<i>Formula</i>	Modified You Gui Wan
<i>Diagnosis</i>	Spleen Qi Deficiency, Kidney Yang Deficiency
<i>Key Indicators</i>	Dull lower abdomen pain, 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, menstrual pain that worsens after the menstrual flow ceases
<i>Treatment Principles</i>	Tonify Spleen Qi, Tonify Kidney Yang, Resolve Dampness
<i>Ingredients</i>	Shan Yao, Du Zhong, Lu Jiao, Shu Di Huang, Tu Si Zi, Mu Dan Pi, Fu Ling, Xu Duan, Xiang Fu, Gan Cao
<i>Formula</i>	Modified Long Dan Xie Gan Tang with Jin Ling Zi San
<i>Diagnosis</i>	Damp-Heat in the Liver and GB channels, Blood Stasis, Heat and Stasis in the Belt (Dai) channel
<i>Key Indicators</i>	Lower abdominal pain, lower abdominal distension, profuse yellow or red belt leukorrhea, vertex or temporal headache, pelvic mass
<i>Treatment Principles</i>	Clear Damp-Heat from the Lower Burner, Vitalize the Blood, Regulate the Qi
<i>Ingredients</i>	Long Dan Cao, Huang Qin, Zhi Zi, Sheng Di Huang, Dang Gui, Chai Hu, Can Cao, Chuang Lian Zi, Yan Hu Suo, Dan Shen, Bie Jia, Zao Jiao Ci

<i>Formula</i>	Shao Yao Gan Cao Tang
<i>Diagnosis</i>	Liver Qi Stagnation attacking the Spleen and Stomach
<i>Key Indicators</i>	Abdominal pain with diarrhea
<i>Treatment Principles</i>	Harmonize the Liver and Spleen
<i>Ingredients</i>	Bai Shao, Zhi Gan Cao
<i>Formula</i>	Dan Zhi Xiao Yao San
<i>Diagnosis</i>	Liver Qi Stagnation, Blood and Spleen Qi deficiency, Excess Heat
<i>Key Indicators</i>	Lower abdominal pain, shortened or irregular menses, increased menstrual flow, abnormal uterine bleeding, headache, dizziness, dry mouth, dry throat, blurry vision, costal region pain, irritability
<i>Treatment Principles</i>	Harmonize the Liver and Spleen, Clear Heat, Tonify Blood, Regulate the Menses
<i>Ingredients</i>	Chai Hu, Bai Shao, Zhi Gan Cao, Dang Gui, Bai Zhu, Fu Ling, Bo He, Sheng Jiang
<i>Formula</i>	Modified Yi Huang Tang
<i>Diagnosis</i>	Damp Heat in the Lower Burner, Spleen Qi Deficiency
<i>Key Indicators</i>	Yellow belt leukorrhea, lower abdominal pain, low back pain, infertility, dysmenorrhea, cervical erosion, vaginal bleeding following sexual intercourse
<i>Treatment Principles</i>	Clear Damp Heat, Drain Dampness, Strengthen the Spleen, Stop Leukorrhea
<i>Ingredients</i>	Shan Yao, Qian Shi, Huang Bai, Che Qian Zi, Bai Guo, Ze Xie, Chun Gen Pi, Mu Dan Pi, Bai Jiang Cao
<i>Formula</i>	Modified Wan Dai Tang
<i>Diagnosis</i>	Spleen Qi Deficiency with Dampness
<i>Key Indicators</i>	Profuse white or mild yellow belt leukorrhea, low energy, loose stools, cold limbs, pale complexion
<i>Treatment Principles</i>	Tonify Spleen Qi, Transform Dampness, Stop Leukorrhea
<i>Ingredients</i>	Ren Shen, Bai Zhu, Chen Pi, Shan Yao, Cang Zhu, Che Qian Zi, Bai Shao, Chai Hu, Can Cao

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