

# HERBAL CROSSROADS

An information resource from *Kan Herb Company* 6001 Butler Lane, Scotts Valley, CA 95066 (800) 543.5233

## The Role of Traditional Chinese Medicine in Treating Infertility and Endometriosis

By Judith Tognetti, L.Ac.

Infertility is on the rise today. Contributing factors may include elevated stress levels, long term poor nutrition, as well as women delaying to have children until later in life. In the United States, fertility issues affect at least one in every six couples. This means that every month, more than seven million U.S. couples experience the pain and disappointment of not having a child. Endometriosis, a progressive disorder, is one of the leading causes of infertility.<sup>1</sup>

According to the Journal of the American Medical Association, endometriosis affects approximately 5 to 7 million American women. Researchers believe that endometriosis is directly related to infertility for 30 to 50% of all infertile women. Endometriosis has been labeled by some doctors as “the career woman’s disease” because of its high correlation with increased stress levels. Women most affected by endometriosis are those who do not have children and are between the age of 25 and 40, as well as teenagers. Some women are debilitated by this condition while others may experience mild to no symptoms. There is also a 7% increased risk if a female relative has had endometriosis.<sup>2</sup>

Endometriosis is a condition resulting from the presence of actively growing and functioning endometrial tissue in locations outside the uterus. These locations may include: ovaries, uterine wall, fallopian tubes, abdominal scars, umbilicus, colon, rectum, ureters, bladder, vagina, and pelvic ligaments.

Endometriosis is generally classified by its severity. Mild endometriosis consists of small flat patches of endometrial tissue growing outside the uterine lining. Moderate endometriosis contains “chocolate cysts” located within the ovary. Severe endometriosis generally has areas of fibrous scar tissue or adhesions that can actually bind the pelvic organs together.

### Western Medical Perspective

While the exact causes and pathogenesis of endometriosis are still not fully understood, following are several theories that do exist:

#### Retrograde menstruation and tubal reflux

When a woman menstruates, the blood is normally eliminated through the cervix; however, it sometimes backs up into the fallopian tubes and flows into the abdominal cavity where it can continue to produce new cells.

#### Anatomical abnormalities

A retroverted uterus and small cervical opening may inhibit blood flow leading to retrograde menstruation.

#### Genetic and immunologic factors

There is a 5.8% incidence among immediate female siblings and an 8.1% risk if the mother had endometriosis.

#### Lymphatic dissemination

Normal endometrium may “metastasize” via lymphatic channels and spread to extra-uterine sites. The lymphatic system transports the endometrial cells to other parts of the body.

#### Estrogen dominance

Estrogen stimulates the growth of endometrial tissue; many women with endometriosis have elevated estrogen levels, as well as lower levels of progesterone. Excess estrogen can come from endogenous as well as exogenous sources and it is important to rid the body of this excess in order to achieve balance, and improve health. Endogenous sources are mechanisms created within one’s own body. Examples are the number of fat cells a person has, high stress and cortisol level which influences hormone

March  
2007

production, and increased levels of insulin. Exogenous sources are mechanisms created from sources outside of the body. Examples are chemical fertilizers, non-organic meats and dairy products, grains and vegetables.

Standard Western medical treatment for endometriosis includes surgery and/or drugs such as progestins, Danazol, GnRH agonists, and estrogen-progestin oral contraceptives. Several of the medications are helpful for pain relief or reduction in the amount of menstrual flow, but have negative side effects and are not recommended if the patient wants to conceive. For instance, Danazol, a testosterone derivative, creates anovulation which leads to the absence of LH surges, elevation of estrogen levels, increased androgens and altered steroidogenesis in the ovary and adrenals. This leads to atrophy of the endometrial implants. The common side effects of Danazol are hot flashes, acne, hirsutism, voice changes, decreased breast size, liver dysfunction and fluid retention. Progestins assist in controlling the luteal phase of the cycle and may reduce pain. Common side effects of progestins are headaches, breast pain, irregular vaginal bleeding or spotting, stomach cramps, depression, nausea and vomiting, and hair loss. GnRH medications (Lupron, Synarel, or Zoladex) inhibit FSH and LH, and force the body into menopause, restricting blood flow all together. Common side effects of GnRH medications are hot flashes, night sweats, decreased libido, fluid retention, headaches, weight gain, acne, and vaginitis.

## Physiology of the Menstrual Cycle: Western Perspective

**Follicular Phase:** The first half of the menstrual cycle begins on day one of the menstrual bleed and lasts approximately 12-14 days, assuming a 28-day cycle. During this time, the Follicle Stimulating Hormone (FSH) is released by the pituitary gland, causing a cluster of follicles to grow on the surface of the ovary. Over the next two weeks, the eggs will grow and mature and estrogen levels (produced by the ovary) will continue to rise. As estrogen increases, the pituitary gland decreases the production of FSH, and Luteinizing Hormone (LH) production is triggered. At this stage, women begin to experience “fertile mucus”.

**Ovulation:** Ovulation occurs as LH surges; the mature egg is released from the follicle and enters the fallopian tube.

**Luteal Phase:** The luteal phase lasts 12-14 days after ovulation occurs, and progesterone levels start to increase. If fertilized, the egg stays in the fallopian tube for approximately seven days, or until day 21 of the menstrual

## Endometriosis Symptoms

- ❖ Dysmenorrhea
- ❖ pelvic pain
- ❖ low backache radiating to the thigh
- ❖ heavy menses
- ❖ infertility or higher rate of miscarriage
- ❖ irregular bleeding or spotting
- ❖ pain on defecation
- ❖ tender and enlarged ovaries
- ❖ bloating or fatigue
- ❖ painful intercourse
- ❖ heavy menses with clots
- ❖ menstrual diarrhea
- ❖ pain 5-7 days before menses, during menses or with ovulation
- ❖ no symptoms at all—30-35% of patients with endometriosis do not suffer any pain or discomfort

cycle. Once released, implantation may occur in the uterine lining. If no fertilization occurs, the empty follicle becomes the corpus luteum.

## Traditional Chinese Medicine Perspective

According to Traditional Chinese Medicine (TCM), one of the most important patterns encountered in endometriosis is Blood stasis, characterized by stabbing pain that is fixed in one place, frequent or heavy bleeding, and bleeding with dark purple clots. There are also other pathogenic influences to consider when differentiating patterns contributing to endometriosis such as Dampness, Yang deficiency, Phlegm, Heat, Cold, and Qi stagnation. Many TCM practitioners believe endometriosis should be treated as an abdominal mass, even though the masses are not palpable.

## Physiology of the Menstrual Cycle: Chinese Medicine Perspective

The follicular phase may be broken down into two different phases in Chinese Medicine.

**Phase 1: Menstrual Phase** (approximately 5-7 days). During this phase the blood is actively moving, and

# March

smooth flow of Liver Qi and Blood is essential. Estrogen and progesterone levels decrease, and the transformation of Yang into Yin occurs.

General herbal strategy: Invigorate the Blood if the menses are scanty, and stop bleeding if the flow is heavy.

**Phase 2: Post Menstrual Phase** (approximately 7 days). Blood and Yin are relatively empty and the Penetrating and Conception vessels are depleted. Yin (estrogen) is beginning to rise, along with the rise in FSH, in order to create the “fertile mucus” required for conception to occur.

General herbal strategy: Nourish the Blood, nourish Liver and Kidney Yin.

The Luteal Phase is also broken down into two phases in Chinese Medicine.

**Phase 3: Midcycle** (approximately 7 days). Blood and Yin are gradually filling up the Penetrating and Conception vessels; Yin is at its maximum and Yang starts to grow. The “fertile mucus” appears during this time of utmost Yin and should last three days. The absence of cervical mucus indicates Yin and Kidney deficiency. Ovulation occurs; the ovum is released from the follicle and, if not fertilized, the corpus luteum develops.

General herbal strategy: Promote ovulation by nourishing Liver, Essence, and Kidney.

**Phase 4: Premenstrual Phase** (approximately 7 days). Yang Qi is rising to its maximum and Liver Qi needs to move effectively to prepare for menstruation. Most premenstrual symptoms occur at this phase and are due to Liver Qi stagnation, Cold, Heat, or Damp. The uterus needs to be free of Yin pathogens and extremely warm for conception to occur.

General herbal strategy: Tonify Yang if deficient, move Liver Qi if stagnant.

## General Guidelines for Endometriosis

The key time to nourish Blood is in the week following menses, Phase 2, when it is often depleted. This phase through midcycle, Phase 3, is also the time to tonify Kidney, Liver, or Essence. In the week prior to menses, Phase 4, treatment needs to take a diametrically different tact. The Yang part of the cycle, fostering warmth and liberating Qi are the key therapeutics. Blood should not be tonified during this phase.

The practitioner should examine the Basal Body Temperature (BBT) chart for any “stair stepping” patterns, a rise in temperature post ovulation, and a higher post menstruation temperature. Endometriosis patients tend to have a flat BBT, due to Blood stasis and Yang deficiency. Practitioners need to determine the exact TCM pattern, then concentrate on eliminating the root cause, and manifestation.

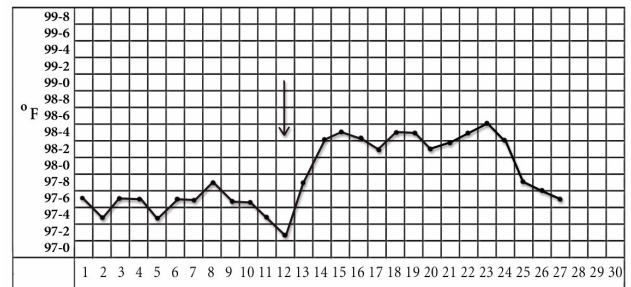


Figure 1: Normal BBT chart

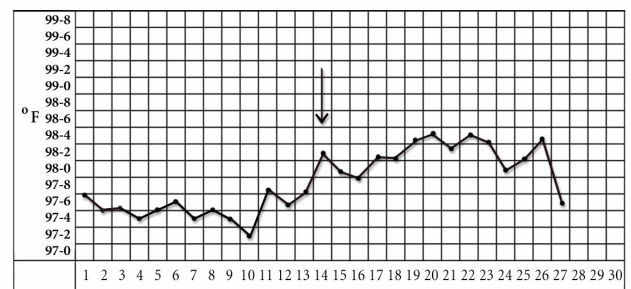


Figure 2: Abnormal BBT chart

## Applying the Principles of the Four Phase Structure for a Patient with Endometriosis

Phase 1: Invigorate the Blood, eliminate stasis, warm the Yang, resolve Dampness

Phase 2: Nourish Blood, warm and Tonify Kidney Yang, tonify Spleen Qi

Phase 3: Warm and tonify Kidney Yang, invigorate the Blood, tonify Spleen Qi, resolve Dampness

Phase 4: Invigorate the Blood, eliminate stasis, resolve Dampness

## Blood Stasis Patterns in Endometriosis

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### Qi Stagnation and Blood Stasis

The origin of this pattern usually lies in emotional stress and anxiety, which leads to stagnation of the Liver Qi, and eventually Blood stasis. A prominent feature is abdominal tenderness, pressure and pain before or during menses, and a clotted menstrual flow. The pressure and pain passes after the menses. Breast distention, along with distending pain under the rib cage, is common preceding the menses. This patient will dislike any pressure, including massage, to the areas of discomfort. Irregularity of menses and infertility often accompany this pattern. Depression and mood swings are likely, with a tendency toward frequent sighing. The patient's tongue is usually purple with red dots and a thin, white coat. Her pulse is wiry or choppy.

### Kidney Deficiency and Blood Stasis

This pattern arises from constitutional weakness, a history of surgical procedures, and improper diet. The Kidney deficiency will manifest as either prominently Kidney Yang or Kidney Yin deficiency.

### Kidney Yin Deficiency

The menstrual pain is accompanied by a heavy sensation in the abdomen, and has a stabbing quality. The flow tends to be either scanty or heavy, and the cycle suffers irregularity. The patient may also report mid-cycle pain and bleeding, a lingering vaginal discharge, and a history of abdominal masses. She may suffer from a sore back or knees, obesity, and tiredness or fatigue. Accompanying symptoms may include dizziness or vertigo, tinnitus, poor memory, or five palm heat (sensation of heat on the palms, soles and chest). The tongue is usually red without a coat, and possibly cracked; the pulse thin, deep, and wiry.

### Kidney Yang Deficiency

Premenstrual discomfort leads to painful periods, notable by abdominal pain relieved by warmth, and a strong aversion to anything cold. The menses are dark and clotted, the quantity scanty or heavy. The mid-cycle phase may bring hypogastric pain, or bleeding. Decreased libido and infertility may develop, as well as abdominal masses. A lingering vaginal discharge is common. Along with generally feeling cold, the patient will desire only warm liquids or, contrarily, not desire to drink at all. She may have low backache, and weak, cold knees. Urinary symptoms include abundant, clear urine or night urination. Energetically a pattern replete with fatigue and tiredness, there may also be depression, poor appetite, or obesity. The tongue is generally swollen, pale or purple, and wet. The pulse is deep, weak, slippery or tight.

### Cold Retention and Blood Stasis

This pattern is rooted in a history of exposure to Cold, whether due to external causes or internal ones, such as dietary insults. An example would be habitual consumption of raw, cold or iced foods, especially during menstruation. Abdominal tenderness, pressure and pain may occur before or during periods. Nausea or vomiting can accompany especially severe menstrual pain. The pain is relieved following the menses, which are characterized by blood clots. There is a predictable preference for warmth, with aversion to cold, and the patient will usually have a pale complexion. The tongue will be pale or purplish, with spots and a white tongue coating; the pulse wiry or tight.

### Qi Deficiency and Blood Stasis

This pattern emerges out of chronic illness or weakness. The menses are chronically irregular and painful, with large clots. The patient will dislike any pressure or massage at this time. She may experience pain during sex, and have a history of infertility. Most likely she has been afflicted by fatigue, tiredness, depression, and perhaps spontaneous sweating, for a period of time. Digestion is often weak, with no appetite, and abdominal bloating. The patient's tongue is usually swollen with teethmarks, and can be pale or purple with a thin white coat. The pulse is deep, thin, weak or soft.

### Heat Obstruction and Blood Stasis

This pattern stems from a history of genital infections, such as *Trichomonas*, which in Chinese medicine are considered due to an accumulation of Heat toxins in the body, or improper diet. Periods are marked by fixed or stabbing pain, with large clots that are red or dark. The patient will dislike any touch or pressure. The presence of Heat symptoms is remarkable in this pattern, with feverish sensations prominent during the menses, but that may occur before or after, as well. Thirst, and possibly a bitter taste in the mouth, will bring a preference for cold beverages. Cycles will be irregular, and the patient may have been diagnosed as infertile. Constipation is a reoccurring theme. The tongue is usually red and cracked, with a yellow coat. The pulse is rapid, and wiry or choppy.

When determining the underlying pattern of disease, practitioners must take into account the menstrual history, duration of the cycle, as well as pain levels, including its location, nature, severity, the time that it occurs and what relieves the discomfort. Whether or not a laparoscopy has been performed is also important to ask. Practitioners should also be aware, when starting the patient on a Chinese herbal formula, that the first and second menstrual cycle may exhibit more bleeding and pain as the herbs start to break the stasis and cause the excess endometrial tissue to expel.

Practitioners should advise their patients with endometriosis or Blood stasis to avoid excessive physical work or exercise because it can weaken the Spleen, Liver, and Kidney meridians, affecting the Penetrating and Conception vessels. At the same time, light regular exercise is essential to move Qi and Blood. Use of tampons should be discouraged because they may obstruct the natural downward flow of blood. Proper dietary habits should be discussed. Excessive intake of cold, raw, greasy, iced, or hot foods can create Heat, Cold, Dampness and stagnation. Hence, TCM strategies focus on eliminating Yin pathogenic factors like Dampness, Phlegm, and Cold, tonifying Kidney and Spleen, and eliminating Qi and Blood stagnation.

Traditional Chinese herbal medicine can be helpful in the early stages of infertility and endometriosis, when the symptoms are clearly related to Blood stasis. However, once cells have migrated outside of the uterus and into the lower abdominal cavity, the condition is much more difficult to treat with Chinese medicine alone. With time and diligence, 70 - 80% of women being treated with Traditional Chinese medicine can expect to experience significant reduction in their symptoms.<sup>3</sup>

## Clinical Studies

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A study conducted on women with endometriosis in Osaka, Japan, utilizing the classic formula, Gui Zhi Fu Ling Wan (Women's Chamber), monitored serum levels of Immunoglobulin M antibody titers, an indication of an immune response to endometrial tissue. The control group was treated with the Western medication, Lupron, which suppresses hormonal production. At the conclusion of the study, the control group had lowered levels of estradiol, but no change in the IgM antibody titer. The group receiving Gui Zhi Fu Ling Wan had no changes in estradiol levels, but levels of IgM antibody titer were decreased and the patients were kept symptom free for several months. It appears that the herbal formula was able to reduce the body's immune response to the endometriosis.<sup>4</sup>

Research conducted at the Shanghai College of Traditional Chinese Medicine for the treatment of endometriosis and other female problems, used a traditional formulation with rhubarb as the main ingredient. Chief functions of the rhubarb were removing Blood stasis, disintegrating masses and purgation. Among participants in the study, total effectiveness rate was 80.26%, and that of specific symptoms, 88.89%. Reduction in dysmenorrhea symptoms of pelvic pain was reported at 66.72%, intercourse pain at 72.12% and diminishing size of mass or nodule at 22.15%. Three of the twenty-two women diagnosed with infertility

conceived. Distinct improvements in the treatment of endometriosis were achieved, including a reduction in clinical signs and symptoms.<sup>5</sup>

Another study on the use of a rhubarb-based traditional Chinese formula to treat endometriosis focused on resolving Blood stasis to eliminate obstruction in the lower Jiao or abdomen. Along with fresh rhubarb, other noted ingredients included Chinese soft-shelled turtle shell to nourish Yin and anchor Yang, and peach kernel to invigorate Blood and dispel stasis. After 3 months of treatment, test results reflected high effectiveness rates in menorrhagia, dyspareunia, proctalgia, hysteromyoma, ovarian cysts, and tubercles in the pelvic cavity, with a pregnancy rate as high as 26.7% in women previously diagnosed as sterile. Levels of plasma prostaglandins markers, PGF2 alpha and PGE2 markedly dropped, while that of endorphin markers, 6-keto-PGF1 alpha, beta-EP, and HYP significantly elevated. Prostaglandins have been implicated in pain response mechanisms, whereas endorphins produce analgesia and a sense of well-being.<sup>6</sup>

Three treatment methods were compared for efficacy in a recent study of 152 participants with endometrial ovarian cysts.

Group 1: received a combination of laparoscopy and Chinese herbal medicine

Group 2: received only Chinese herbal medicine

Group 3: were treated by Western medicine protocols; Danazol was prescribed

During the study, clinical efficacy, side effects and reproductive hormones were compared. The shrinking and disappearance rates of the cysts were highest with combination treatment, in group 1, and few side effects were noticed in groups 1 and 2.<sup>7</sup>

### Kan Products that contain peach kernel

#### Invigorate the Blood and Stem the Flow:

Invigorate Blood, eliminate stasis, stop bleeding

**Women's Chamber:** Invigorate Blood, transform stasis, reduce masses

**Drain Redness:** Stop heavy menses and eliminate Blood stasis

**Stir Field of Elixir:** Move Blood, eliminate stasis, dissolve lumps

**Red Stirring:** Move Blood and Qi, eliminate stasis and alleviate pain

**Kan Products that contain rhubarb****Smooth Response:** Clear Heat in the Lower Burner

Endometriosis, and the possible infertility associated with the condition, can be a frustrating diagnosis for any woman. In fact, many women diagnosed with “unexplained infertility” are eventually diagnosed with endometriosis. In February 2006 the Mountain View Voice interviewed Dr. Camran Nezhat, a Stanford Reproductive Surgeon, about endometriosis. Dr. Nezhat claims that in his practice 80-85% of women with “unexplained infertility” actually have endometriosis.

Chinese herbs and acupuncture may prove to be a pivotal cornerstone in helping curb the underlying causes to endometriosis as outlined in all of the clinical research.

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**Chinese Herbal Formulas**

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**Masses**

**Cluster Dissolving:** Dispel Heat and toxins, disperse accumulations, eliminate Blood stasis

**Harmonizing the Moon:** Invigorate Blood, dissolve masses, drain Dampness, tonify Kidney

**Purge Blood:** Break up congealed Blood, eliminate old or toxic Blood via the uterus, alleviate pain and swelling

**Stir Field of Elixir:** Move Blood, eliminate stasis, dissolve lumps or masses

**Women's Chamber:** Quicken the Blood, transform Blood stasis, reduce fixed abdominal masses

**Heavy Bleeding**

**Cool the Menses:** Cool the Blood, stop bleeding

Invigorate the Blood and Stem the Flow: Invigorate Blood, eliminate stasis, stop bleeding

**Women's Journey:** Warm the channels and menses, remove Cold, nourish the Blood, transform Blood stasis, regulate the Chong and Ren channels, replenish Kidney Yin and Yang

**Pain**

**Corydalis root:** Vitalize the Blood, regulate Qi, alleviate pain

**Disperse Blood:** Promote Blood circulation and relieve pain

**Dong Quai and Anemarrhena:** Supplement the Spleen and Blood, relieve Liver Qi stagnation, clear Heat, resolve Damp, relieve pain

**Invigorate the Collaterals:** Quicken the Blood and dispel stasis, open the Connecting (Luo) vessels, relieve pain

**Purge Blood:** Break up congealed Blood, eliminate old or toxic Blood via the uterus, alleviate pain and swelling

**Women's Rhythm:** Adjust and regulate the menses, quicken the Blood and rectify the Qi, nourish the Blood, alleviate menstrual discomfort and pain

**Cold Stagnation in the Uterus**

**Purge Cold:** Tonify Kidney Yang, supplement Qi, activate Blood

**Women's Chamber:** Quicken the Blood, transform Blood stasis, reduce fixed abdominal masses

**Women's Journey:** Warm the channels and menses, remove Cold, nourish the Blood, transform Blood stasis, regulate the Chong and Ren channels, replenish Kidney Yin and Yang

**Warm the Menses:** Eliminate Cold stagnation in the Uterus, eliminate Blood stasis, nourish Blood, tonify Kidney Yang

**Damp Heat in the Uterus**

**Clear the Palace:** Resolve Phlegm and Dampness obstructing the Uterus, invigorate Blood

**Drain Redness:** Cool the Blood, clear Heat, drain Dampness, stop pain

**Purge Damp Heat:** Vigorously purge Damp Heat

**Purge Heat:** Eliminate Internal Heat from all three Burners

**Damp Phlegm in the Uterus**

**Clear the Palace:** Resolve Phlegm and Dampness obstructing the Uterus, invigorate Blood

**Lucid Channel:** Transform Phlegm, regulate Spleen and Stomach

**Purge Phlegm:** Dissolve Phlegm, purge Heat and Cold

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# March

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## Liver Blood Stasis

**Free and Easy Wanderer:** Invigorate Liver Qi, tonify Liver Blood and Spleen Qi, harmonize Chong and Ren Vessels

**Freeing Constraint:** Move Qi, eliminate stagnation, pacify the Liver, lift mental depression

**Freeing the Moon:** Clear Liver Qi stagnation, tonify Liver Blood and Spleen Qi

**Harmonizing the Moon:** Invigorate Blood, dissolve masses, drain Dampness, tonify Kidney

**Purge Blood:** Break up congealed Blood, eliminate old or toxic Blood via the uterus, alleviate pain and swelling

**Relaxed Wanderer:** Harmonize and unbind Liver Qi, nourish and quicken the Blood, strengthen Spleen/Stomach

**Stir Field of Elixir:** Move Blood, eliminate stasis, dissolve lumps or masses

**Women's Chamber:** Quicken the Blood, transform Blood stasis, reduce fixed abdominal masses

## Disharmony of the Chong and the Ren

**Free and Easy Wanderer:** Clear Liver Qi depression, tonify Liver Blood and Spleen Qi, harmonize Chong and Ren

**Penetrating Vessel:** Subdue rebellious Qi, harmonize the Penetrating vessel, tonify Kidney, nourish Blood, calm the Mind

**Unicorn Pearl:** Tonify Kidney Yang and Jing/Essence, strengthen the Du, Chong and Ren vessels

**Women's Journey:** Warm the channels and menses, remove Cold, nourish Blood, transform Blood stasis, regulate the Chong and Ren channels, replenish Kidney Yin and Yang

## Blood Deficiency

**Precious Sea:** Tonify Qi and Blood, tonify Kidney

**Ten Treasures:** Warm and supplement Qi and Blood, benefit Lung, Spleen and Kidney

**Tonify Blood:** Tonify Blood and nourish Essence, support Kidney, Liver, Spleen, and Heart

**Women's Precious:** Nourish Blood, supplement Qi, regulate Blood, adjust the menses, support fertility

## Qi Deficiency

**Prosperous Farmer:** Tonify Spleen Qi, transform Dampness

**Shen Ling Spleen Support:** Strengthen Spleen, replenish Qi, transform Dampness

**Six Gentlemen:** Augment the Qi, supplement Spleen and Stomach, resolve Phlegm/Damp

**Strengthen Spleen:** Tonify Spleen Qi

**Tonify Qi:** Tonify Ying and Wei Qi, consolidate Essence

## Kidney Yang Deficiency

**Dynamic Warrior:** Tonify Kidney Yang, Jing/Essence, and Lung Qi

**Ease the Journey Yang:** Tonify Kidney Yang, tonify slight Blood deficiency

**Strengthen Kidney:** Tonify Kidney Yang and Yin

**Strengthen the Root:** Tonify Kidney Yang, tonify slight Blood deficiency

**Unicorn Pearl:** Tonify Kidney Yang and Jing/Essence

## Kidney Yin Deficiency

**Ease the Journey Yin:** Nourish Kidney Yin and Essence, clear Empty Heat

**Growing Jade:** Nourish Kidney Yin and Essence, strengthen the Directing and Penetrating vessels

**Nourish the Root:** Nourish Kidney Yin and Essence

**Replenish Essence:** Consolidate and supplement Essence and Yin

**Strengthen Kidney:** Replenish and consolidate Kidney Yin (Essence), invigorate Kidney Yang, and protect against Dampness and Cold

