

## Case 3: Hypermenorrhea and Metromenorrhagia (Fig. 147)

There is a time difference of approximately 25 years between the two photographs shown in Figures 147a and 147b. Initially, apart from an appendectomy, the young woman had been healthy except children's diseases such as measles, chicken pox, and mumps. Figure 147b reveals the development of her health situation around age 45. Her tongue has become markedly red, which is typical for a *yin* deficiency, and it is considerably swollen. The red tongue indicates an emptiness of *yin* associated with rising emptiness–fire (*xu huo*). The swollen body with tooth marks at the same time signifies a *yang* deficiency. During the past 10 years she suffered from insomnia, constipation, and gynecological problems like hyper-

menorrhea and metromenorrhagia, a condition Chinese medicine refers to as heat–fire in the lower burner, associated with myoma. Because of the myoma she was operated on twice, initially to remove the growth, and then, when the bleeding got out of control, a hysterectomy was carried out. She complains of mental depression, insomnia, nervousness, and night sweating. These are typical symptoms of an emptiness of *yin* associated with rising emptiness–fire which causes the red discoloration of her tongue. Her internal fire is quite strong and irritating, a condition motivating her to sleep with wide-open windows in the night, even in the cold wintertime. Consequently, she frequently suffers from cold attacks and flu.

## Therapy According to Syndrome Differentiation

Nourish *yin* and blood extinguish internal heat, and reinforce *yang*

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- SP-6, SP-10
- BL-15, BL-17, BL-23
- HT-7
- KI-3
- LI-4, LI-11
- CV (*ren mai*)-4
- ST-36 (moxibustion)
- GV (*du mai*)-14

### Chinese Herbs (Prescription)

*Ophiopogon japonicus*, *Asparagus cochinchinensis*, *Ziziphus jujuba*, (red dates), *Angelica sinensis*, *Rhemannia glutinosa*, *Trichosanthes kirilowii*, and *Glycyrrhiza uralensis*.



Fig. 147a



Fig. 147b

## Dietetic Treatment

### ✘ To be avoided

Avoid very hot and cold food and drinks, for example citrus fruits and bitter liqueur. Do not eat food from the fire element.

### ✔ Recommended diet

Eat cereals with a sweet taste (wheat, barley, buckwheat, millet), and soybean sprouts. Serve cool food from all five elements, in addition to uncooked food and milk products, with watermelon and cucumber.