

## Gynecologic Conditions

### Amenorrhea from Tense Nervous System

Pin Yin	Latin	English	Dosage
<i>Shi chang pu</i>	Acori Tatarinowii Rhizoma	Grass-leaved sweetflag rhizome, acorus	3 g
<i>Chuan xiong</i>	Chuanxiong Rhizoma	Chuanxiong root, Szechuan lovage root, cnidium	4.5 g
<i>Dang gui</i>	Angelicae Sinensis Radix	Chinese angelica root, <i>tang-kuei</i>	6 g
<i>Sheng di huang</i>	Rehmannia Radix	Fresh Chinese foxglove root, rehmannia root	9 g
<i>Dan shen</i>	Salviae Miltiorrhizae Radix	Salvia root	6 g
<i>Huai niu xi</i> or <i>niu xi</i>	Achyranthis Bidentatae Radix	Ox-knee root from Huai	9 g
<i>Yan hu suo</i>	Corydalis Yanhusuo Rhizoma	Corydalis rhizome	9 g
<i>Yi mu cao</i>	Leonuri Herba	Chinese motherwort, leonurus	9 g
<i>Lu lu tong</i>	Liquidambaris Fructus	Sweetgum fruit, liquidambar fruit	12 g

Hamilton Rotte Nervous tension compromises the liver function of regulating the menses. It causes stagnation of *qi* and blood. This formula, which bears some similarity to Dr. Shen's "Nervous System Tense" formulas, is aimed at regulating *qi* and blood. Ingredients that are commonly included in Dr. Shen's "Nervous System Tense" formulas include *shi chang pu*, *chuan xiong*, and *lu lu tong*.

Other than these ingredients, his formula contains mostly blood-invigorating ingredients. These include

*dang gui*, *dan shen*, *niu xi*, *yan hu suo*, and *yi mu cao*. *Dang gui*, *niu xi*, and *yi mu cao* are widely used in gynecology. Dr. Shen also especially liked to use *dan shen* and *yan hu suo* for moving blood in gynecologic conditions. *Niu xi* is strongly descending and therefore especially indicated for amenorrhea.

*Sheng di huang* and *dang gui* are included to offset drying tendencies of other herbs in the formula.

### Breast Qi and Blood Stagnation with Enlarged Lymph Nodes

Pin Yin	Latin	English	Dosage
<i>Chao dang gui</i>	Angelicae Sinensis Radix	Fried Chinese angelica root, <i>tang-kuei</i>	6 g
<i>Zhi xiang fu</i>	Cyperi Rotundi Rhizoma	Honey-fried nutgrass rhizome, cyperus	6 g
<i>Hong hua</i>	Carthami Tinctorii Flos	Safflower flower, carthamus	6 g
<i>Si gua lou</i>	Fasciculus Vascularis Luffae	Dried skeleton of vegetable sponge	6 g
<i>Hou po</i>	Magnoliae Officinalis Cortex	Magnolia bark	6 g
<i>Sang ji sheng</i>	Taxilli Herba	Mulberry mistletoe stems, loranthus, taxillus, mistletoe	9 g
<i>Huai niu xi</i> or <i>niu xi</i>	Achyranthis Bidentatae Radix	Ox-knee root from Huai	9 g

Pin Yin	Latin	English	Dosage
<i>Mu xiang</i>	Saussureae Lappae Radix or Aucklandia Lappae Radix	Costus root, saussurea, aucklandia	4.5 g
<i>Yu jin</i>	Curcumae Radix	Curcuma tuber	9 g
<i>Chao bai shao</i>	Paeoniae Alba Radix	Fried root of white peony	9 g
<i>Chao chi shao</i>	Paeoniae Rubra Radix	Fried red peony root	9 g

**Hamilton Rotte** This formula, which bears significant resemblance to “Move Qi in the Chest,” is strongly moving to both qi and blood and targets the upper burner and breasts. Circulation of qi and blood in the breasts mainly depends on circulation in the upper burner (heart and lungs) as well as the liver. Qi-moving herbs in this formula include *xiang fu*, *hou po*, *mu xiang*, and *yu jin*. The focus is on the liver (*xiang fu*, *mu xiang*, *yu jin*), lungs (*hou po*), heart (*yu jin*), and triple burner (*xiang fu* and *mu xiang*). Swelling of the lymph nodes is associated with a disturbance of the triple burner’s ability to circulate fluids throughout the body.

Blood-invigorating ingredients include *dang gui*, *hong hua*, *si gua lou*, *niu xi*, *yu jin*, and *chi shao*. These herbs all treat the liver. *Hong hua* is light, ascending, and affects the upper burner. *Niu xi* and *yu jin* are descending, very important in the treatment of stagnation in the upper burner. *Si gua lou* opens channels and collaterals and is especially indicated for stagnation in the breasts.

*Dang gui* and *bai shao* tonify blood. It is essential to include blood tonics along with blood-moving herbs in order not to damage the blood.

## Delayed Menses

**Formula for belated menses arising from coldness in the womb:**

Pin Yin	Latin	English	Dosage
<i>Dang gui</i>	Angelicae Sinensis Radix	Chinese angelica root, <i>tang-kuei</i>	6 g
<i>Xiang fu</i>	Cyperi Rotundi Rhizoma	Nutgrass rhizome, cyperus	4.5 g
<i>Dan shen</i>	Salviae Miltiorrhiziae Radix	Salvia root	9 g
<i>Gan jiang</i>	Zingiberis Rhizoma	Dried ginger	3 g
<i>Mu xiang</i>	Saussureae Lappae Radix or Aucklandia Lappae Radix	Costus root, saussurea, aucklandia	6 g
<i>Jiao ai ye</i>	Artemisiae Argyi Folium	Calcined mugwort leaf	3 g
<i>Huai niu xi</i> or <i>niu xi</i>	Achyranthis Bidentatae Radix	Ox-knee root from Huai	12 g
<i>Rou gui</i>	Cinnamomi Cassiae Cortex	Inner bark of Saigon cinnamon	3 g

**Hamilton Rotte** Excess cold easily lodges in the uterus from exposure to cold or ingesting cold foods, especially during menses when the uterus is open. This causes pain and delayed menses because of the effect that cold has in slowing down circulation. The excess cold causes stagnation of qi and blood. This formula removes cold from the uterus and moves qi and blood in the uterus.

The herbs that expel cold from the uterus include *gan jiang* (Dr. Shen especially liked ginger products for menstrual problems), *ai ye*, and *rou gui*. Herbs

that move blood include *dang gui*, *dan shen*, *huai niu xi*, and *rou gui*. *Huai niu xi* exerts a particularly descending effect, especially for unblocking menstruation. *Dang gui* may also be included to offset the drying effects of the warming ingredients. Qi regulators include *xiang fu* and *mu xiang*, both targeting the liver channel and descending qi.

Delayed menses is also commonly caused by deficiency of kidney yang essence and liver blood. In such a case a tonic formula would be indicated.

## Female Infertility

**FROM DR. SHEN:** Infertility of a woman should not be assumed to be so based entirely on Western medical methods. Consider the following three cases:

- Infertility due to a cold womb
- Infertility due to a womb that is too warm
- Infertility due to deficiency in the womb

When sperm enters the womb, it arrives in much the same way that a stranger enters a new room. If the room temperature is too cold or warm, the stranger will feel uncomfortable. If the room is without ventilation, the stranger will also feel uneasy. In both cases the visitor will find the room inhospitable. Only with the use of these Chinese medical diagnostic considerations can one effectively treat a patient's particular fertility issue.

## Treatment of a Cold Womb

**FROM DR. SHEN:** Coldness in the womb comes from two factors. First, an acquired factor, is one in which a woman has been fond of cold drinks before and after her adolescence. This can produce a "cold womb." Second, a woman may have a congenital deficiency, such as childhood anemia, which can also result in a "cold womb." Both these situations may make a woman infertile.

A "cold womb" may be indicated by the following symptoms: stomach pain before and during menstruation, pale red menstrual blood, sometimes coagulating into little pale-colored clots. First, she should be advised to stop drinking all cold beverages. Generally speaking, most Chinese women dislike cold drinks. They tend to be clad in warm clothes and drink warm drinks. They understand that during their periods cold drinks and great fatigue tend to impair their physique and cause a "cold womb."

Hot compression upon the abdomen will relieve pain, and in some cases, rid the belly of itching and a cold womb. When children have a stomach ache arising from consuming too many cold drinks or ice cream, the following formula is very effective to treat an ordinary stomach ache (gastroenteritis).

Stir-fry 1 or 2 lb of rough sea-salt until it turns gray. Then put it on a thick cloth (or into a thick sock) to make a small pack. Be sure to check the temperature of the pack before placing it on the abdomen to avoid burning the skin (Fig. 5). Then massage the skin at the location of pain until it is relieved.



Fig. 5 Salt pack.

**Formula for a cold womb:**

<i>Pin Yin</i>	Latin	English	Dosage
<i>Jiu dang gui</i>	Angelicae Sinensis Radix	Chinese angelica root, <i>tang-kuei</i> prepared with 1 tsp wine	6 g
<i>Ai ye</i>	Artemisiae Argyi Folium	Mugwort leaf, artemesia	3 g
<i>Gan jiang</i>	Zingiberis Rhizoma	Dried ginger	3 g
<i>Dan shen</i>	Salviae Miltiorrhiziae Radix	Salvia root	9 g
<i>Yi mu cao</i>	Leonuri Herba	Chinese motherwort, leonurus	6 g
<i>Lu lu tong</i>	Liquidambaris Fructus	Sweetgum fruit, liquidambar fruit	12 g
<i>Rou gui</i>	Cinnamomi Cassiae Cortex	Inner bark of Saigon cinnamon	0.3 g

**FROM DR. SHEN:** The Chinese angelica root should be stir-fried with some wine for several seconds. The formula is taken three times a week until the pain subsides. Discontinue the formula when the period starts. If it is a case of severe cold in the womb, a dose should be taken daily for 3 to 4 months until pain is relieved and the menstrual cycle becomes regular.

**Hamilton Rotte** This formula is devised for mostly excess cold that has lodged in the uterus. As Dr. Shen suggested, this can occur because of intake of cold beverages or vulnerability of the uterus because of innate deficiency. The excess cold causes stagnation of *qi* and blood and this prevents the uterus from functioning properly.

The herbs that remove cold from the uterus include *dang gui*, *ai ye*, *gan jiang*, and *rou gui*. Dr. Shen highly valued ginger products for menstrual disorders.

Herbs that address stagnation of blood include *dang gui*, *dan shen*, *yi mu cao*, and *lu lu tong*, one of Dr. Shen's favorite herbs. Both *dan shen* and *yi mu cao* are cooling in nature, possibly to offset the warming tendencies of other herbs in the formula. *Yi mu cao* particularly targets the blood stagnation in the uterus, which accounts for its inclusion in this formula. *Lu lu tong* is also included because of its pronounced *qi*-regulating effect.

**Leon Hammer** With regard to the etiology from imbibing cold substances, the pulse and tongue information listed under "Pain in the Stomach from

*Dang gui* is also an important blood tonic, addressing the underlying deficiency (anemia as Dr. Shen called it) that made the uterus vulnerable before the excess cold was able to enter the body.

This formula contains mostly warming or blood-invigorating herbs that target the uterus. *Rou gui*, *yi mu cao*, *ai ye*, and *dang gui* have a direct effect on the uterus and the other herbs in the formula support these ingredients in warming or moving blood.

If we compare this to formulas in the standard repertoire that warm the uterus such as *Jiao Ai Tang* (Assh-hide Gelatin and Mugwort Decoction) we find that this formula is less tonifying than either of these. We find that individuals who are *yang* deficient are frequently predisposed to cold in the uterus so this could be integrated with tonics if necessary.

Cold" would apply here except that the choppy quality in the pelvic lower body would be greater and would appear also in the proximal positions.

## Treatment of a Warm Womb

**FROM DR. SHEN:** In contrast to a “cold womb,” when the womb is a bit too warm it is not caused by taking in too much warm food or drinks. It is mainly caused by overwork that leads to nervous tension, especially during periods. This leads to irregular circulation of blood and thus to irregular periods. In Chinese medicine we call this “heat.” The menstrual flow is dark and scanty, often mixed with dark clots accompanied by slight pain. Some women experience abdominal spasms 1 or 2 days before the period, which cease with the onset of menses.

It is advised to relax the nerves with herbal medicine. Rest is of utmost importance. I suggest that patients stop working 1 or 2 days before the period and rest throughout the cycle in the same way we would stop a hot machine to allow it cool down.

### Formula for an overly warm womb:

Pin Yin	Latin	English	Dosage
<i>Sheng di huang</i>	Rehmannia Radix	Fresh Chinese foxglove root, rehmannia root	9 g
<i>Dang gui</i>	Angelicae Sinensis Radix	Chinese angelica root, <i>tang-kuei</i>	6 g
<i>Chuan xiong</i>	Chuanxiong Rhizoma	Chuanxiong root, Szechuan lovage root, cnidium	4.5 g
<i>Bai shao</i>	Paeoniae Alba Radix	White peony root	6 g
<i>Fu ling</i>	Poria Cocos Sclerotium	Sclerotium of tuckahoe, poria, China root, hoelen, Indian bread	9 g
<i>Dan shen</i>	Salviae Miltiorrhiziae Radix	Salvia root	6 g
<i>Mu dan pi</i>	Moutan Radicis Cortex	Tree peony root bark, moutan root bark	6 g
<i>Chi shao</i>	Paeoniae Rubra Radix	Red peony root	9 g
<i>Hei shan zhi zi</i>	Gardeniae Jasminoidis Fructus	Charred cape jasmine fruit, gardenia fruit	9 g

**FROM DR. SHEN:** Put the herbal medicine into water and boil slowly for 20 to 25 minutes. Then filter the solution. Drink the filtrate twice a day, one cup each time.

The dosage and duration of treatment are determined by the seriousness of the illness. If the menstrual flow is dark with dark clots and pain, then the medicine should be taken daily until the symptoms subside. If the imbalance is only slightly advanced and the blood does not appear dark, take the medicine three times a week. If only slight pain is felt during the period, take the medicine 3 days consecutively before the period. If a woman is deficient and has a womb that is a bit too warm and rather long periods with pale blood, the following formula is used.

Hamilton Rotte In the literature infertility is usually associated with kidney deficiency or cold, but Dr. Shen demonstrates that excess heat can also be a cause. This excess heat causes stagnation of blood and the condition includes pain and clots.

This formula is designed to cool the blood and treat stagnation of blood that results from the heat. It is similar to *Gui Zhi Fu ling Wan* (Cinnamon and Poria Pill), except that it does not include the warming *gui zhi* and or the descending *tao ren*.

The ingredients that cool the blood include *sheng di huang*, *dan shen*, *mu dan pi*, and *zhi zi*.

The ingredients that move the blood include *dang gui*, *chuan xiong*, *dan shen*, *mu dan pi*, and *chi shao*.

This formula also contains *dang gui* and *bai shao*, two herbs to tonify liver blood. Blood tonic ingredients are customarily included in formulas to move the blood in order to protect the blood from damage caused by moving ingredients. *Bai shao* is also included to address the “nervous tension” that leads to the heat in the blood.

**Formula for a deficient, slightly warm womb:**

<i>Pin Yin</i>	<i>Latin</i>	<i>English</i>	<i>Dosage</i>
<i>Dang gui</i>	<i>Angelicae Sinensis Radix</i>	Chinese angelica root, <i>tang-kuei</i>	6 g
<i>Dan shen</i>	<i>Salviae Miltiorrhiziae Radix</i>	Salvia root	6 g
<i>Hong hua</i>	<i>Carthami Tinctorii Flos</i>	Safflower flower, carthamus	6 g
<i>Chao sheng di huang</i>	<i>Rehmannia Radix</i>	Dry-fried fresh root of rehmannia, fried Chinese foxglove root	9 g
<i>Chao huang qi</i>	<i>Astragali Radix</i>	Fried milk vetch root, fried astragalus root	4.5 g
<i>Yu jin</i>	<i>Curcumae Radix</i>	Curcuma tuber	9 g
<i>Chuan xiong</i>	<i>Chuanxiong Rhizoma</i>	Chuanxiong root, Szechuan lovage root, cnidium	4.5 g
<i>Yan hu suo</i>	<i>Corydalis Yanhusuo Rhizoma</i>	Corydalis rhizome	9 g
<i>Xi yang shen</i>	<i>Panacis Quinquifolii Radix</i>	American ginseng root	4.5 g
<i>Di gu pi</i>	<i>Lycii Radicis Cortex</i>	Cortex of wolfberry root, lycium bark	6 g

**FROM DR. SHEN:** Soak herbs before boiling, then simmer for 30 to 40 minutes. Filter the solution and drink twice a day, once in the morning and once in the evening.

The dosage depends on the severity of the condition. It is advisable to take the formula even during the periods. If the case is rather serious, go on taking it for quite some time, or take it only three times a week.

**Hamilton Rotte** This formula is indicated for a condition where there is excess heat occurring against the ground of *qi* and blood deficiency. The “long periods with pale blood” occur because of the deficiencies.

As in the previous formula indicated for excess heat, the heat is causing stagnation. In addition to cooling herbs, blood-invigoration ingredients are also in-

cluded. In this formula the herbs that cool the blood include *dan shen*, *sheng di huang*, *yu jin*, and *di gu pi*. Blood-invigorating ingredients include *dang gui*, *dan shen*, *hong hua*, *yu jin*, *chuan xiong*, and *yan hu suo*. *Dang gui* is included partially to tonify the blood. *Huang qi* and *xi yang shen* are *qi* tonics contained within the formula.

**Leon Hammer***Pulse:*

When more than one condition exists at the same time in one organ or area of the body the pulse exhibits only the most acute (usually an excess condition), which when resolved reveals the other, usually a deficient condition. The conditions associated with excess have qualities such as robust pounding that, with regard to sensation, override those qualities associated with deficiency (feeble).

Or at times, especially if the condition is more chronic, both qualities may exist at the same time,

changing from one to the other. In this instance qualities appearing simultaneously but changing back and forth in the proximal positions would be signs of excess heat (robust pounding) and of kidney *yang*-essence deficiency (reduced substance, diffuse, feeble-absent). As one palpates the proximal positions one can feel the change from one set to the other set of qualities. The pulse findings accompanying this formula that treats heat in the blood are at the blood depth. As one releases the pressure from the organ depth to the *qi* depth the vessel fills out rather than diminishes the normal condition.

## Deficiency in the Womb

**FROM DR. SHEN:** There are three causes of a deficient womb. The first is hereditary, if the patient's parents have weak constitutions. Second, if a woman was inadequately nourished as a child, possibly due to poverty, this could lead to a deficient womb condition. Another cause is an irregular life in adolescence that results in physical weakness. All of these can make a woman deficient in *qi* and blood so she will tend to miscarry. Even though she can become pregnant rather easily, she may have habitual miscarriages. In my experience I have seen many such cases. However, with correct diagnosis and appropriate treatment, fertility can be achieved.

A woman with a deficient womb shows signs of blood deficiency in that the cycle is usually shorter than 3 days with the blood being either pale or dark and the interval between periods is 30 days or longer. Sometimes the onset of menses is 3 days earlier or later by 3 days. When the period does start she may experience spasms, trembling as if from cold, dizziness, and poor vision. Other signs of a deficient womb are when a woman feels relieved when something warm is pressed on her belly or if the woman feels as if the womb is trying to contract during the period. If she feels slightly exhausted after her periods, this is a sign of physical deficiency. Frequent hard labor will lead to deficiency of both the womb and constitution in women.

The question of deficiency in Chinese medicinal theory includes consideration of both the whole body and a single organ system at the same time. A single organ exerts influence on the entire body's well-being, just as the patient's constitutional health will be expressed. Consideration only of an isolated part and not of the whole will often bring the recurrence of the malady. Only a sound body acting as a whole system can uproot the latent threat.

### Formula for deficiency of the womb:

<i>Pin Yin</i>	<i>Latin</i>	<i>English</i>	<i>Dosage</i>
<i>Huang qi</i>	<i>Astragali Radix</i>	Milk vetch root, astragalus root	15 g
<i>Dang shen</i>	<i>Codonopsis Pilosulae Radix</i>	Codonopsis root	15 g
<i>Dang gui</i>	<i>Angelicae Sinensis Radix</i>	Chinese angelica root, <i>tang-kuei</i>	15 g
<i>Shu di huang</i>	<i>Rehmanniae Preparata Radix</i>	Prepared Chinese foxglove root (cooked in red wine), cooked rehmannia rhizome	15 g
<i>Da zao</i>	<i>Ziziphi Jujubae Fructus</i>	Chinese date, jujube	7 pieces
<i>Tu si zi</i>	<i>Cuscutae Chinensis Semen</i>	Chinese dodder seeds, <i>cuscuta</i>	12 g
<i>Shu nu zhen zi</i>	<i>Ligustri Lucidi Fructus</i>	Prepared fruit of glossy privet	12 g

**FROM DR. SHEN:** Soak the medicine in water, then boil on low heat for 25 minutes. Each dose can be boiled and taken twice. Repeat the process two to three times a week.

It is also advisable to put the first five kinds of herbal medicines into a Chinese Yunnan steam pot, together with two skinned chicken legs as well as some ginger and onion and boil it for 3 to 4 hours on slow heat and drink the soup; repeat the process two to three times a week. Start taking it when the period comes to end.

**Hamilton Rotte** This formula addresses *qi* and blood deficiency, and also includes herbs to tonify the kidneys. All of these essential substances contribute to the functioning of the uterus.

*Qi* tonics include *huang qi*, *dang shen*, and *da zao*. *Huang qi* exerts a lifting effect, which is beneficial in protecting a fetus. Blood tonics include *dang gui*, *shu*

*di huang*, and *da zao*. *Dang gui* and *shu di huang* particularly target the liver.

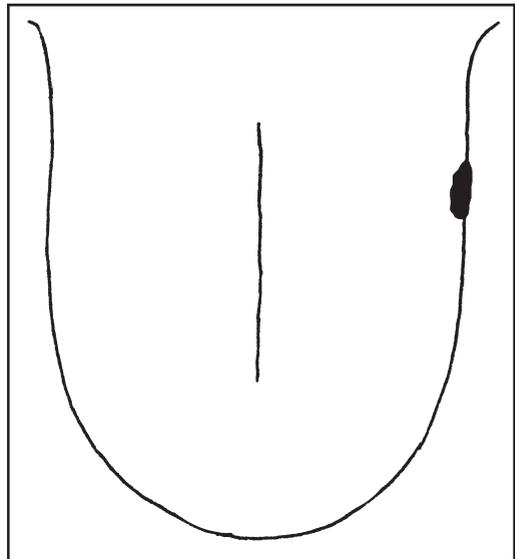
Kidney tonics in this formula include *tu si zi* and *nu zhen zi*. These tonics are mild and between the two of them strike a balance between tonifying kidney *yin* and *yang*. *Tu si zi* also stabilizes the kidneys and is a valuable substance for preventing miscarriage.

The typical features during periods of the above-mentioned cases of infertility are listed in the table below.

Condition	Pain in Periods	Color	Quantity	Pulse	Other Symptoms
Cold womb	Pain in the belly	Pale, dark	Little	Deep	With clots in blood, dislikes tight clothing, prefers warm dress and drinks
Warm womb strong body	Slight pain 1–2 days before	Dark	Much	Fine	Dark clots in blood
Warm womb	No pain	Pale	A bit more	Fine	A longer period
Weak womb	Feeling pain	Pale red	Little	Very weak	Feeling cold, dizzy at the end of period, dim-sighted, short periods (3 days)

## Miscarriage

**Leon Hammer** Dr. Shen successfully predicted a miscarriage several times based on two vertical black lines on the tongue parallel to the center crack about halfway between the crack and the outer edge (Fig. 6).



**Fig. 6** Miscarriage tongue.

**FROM DR. SHEN:** The likelihood of miscarriage is increased for the pregnant mother if she has too much sex, lifts heavy loads, jumps, consumes alcohol, or is constitutionally weak. If she feels a soreness in her waist, has untimely bleeding, and she feels the fetus falling as if she's unable to hold it, these are all signs of an impending miscarriage. In these instances, she must immediately lie flat and GV-26 *shui gou/ren zhong* should be stimulated. With a couple of days' rest she should feel better. For a woman with a weak constitution and a history of miscarriage, use the following formula. If these warning signals are neglected and the amount of bleeding increases, miscarriage will ensue.

**Leon Hammer** While stimulating GV-26 will help in avoiding an impending miscarriage, I found that Dr. Shen's recommendation of repeated moxa on a needle

at GV-20 was even more useful for the purposes of avoiding a miscarriage or for women who had repeated miscarriages.

#### Formula for the prevention of miscarriage:

Pin Yin	Latin	English	Dosage
<i>Chao bai zhu</i>	Atractylodis Macrocephalae Rhizoma	Dry-fried white atractylodes rhizome	6 g
<i>Shan yao</i>	Dioscoreae Oppositae Rhizoma	Chinese yam root, dioscorea rhizome	12 g
<i>Chao bai shao</i>	Paoniae Alba Radix	Fried root of white peony	6 g
<i>Fu ling</i>	Poria Cocos Sclerotium	Sclerotium of tuckahoe, poria, China root, hoelen, Indian bread	9 g
<i>Yuan zhi</i>	Polygalae Radix	Chinese senega root, polygala root	4.5 g
<i>Tu si zi</i>	Cuscutae Chinensis Semen	Chinese dodder seeds, cuscuta	9 g
<i>Nu zhen zi</i>	Ligustri Lucidi Fructus	Privet fruit, ligustrum	9 g
<i>Zhu huang qi</i>	Astragali Radix	Dried milk vetch root, astragalus root	4.5 g

**FROM DR. SHEN:** The patient should rest in bed for 1 week and take the medicine twice a day in the morning and afternoon until bleeding ceases.

**Hamilton Rotte** The substances that nourish a fetus include *qi*, blood, and kidney *yang* essence. In order to protect a fetus it is also beneficial to utilize stabilizing and lifting herbs.

This formula primarily includes *qi* tonics as well as kidney *yin* and *qi-yang* tonics. The *qi* tonics in this formula include *bai zhu*, *shan yao*, *fu ling*, and *huang qi*.

*Bai shao* tonifies the blood.

Herbs that tonify the kidneys include *shan yao*, *tu si*

*zi*, and *nu zhen zi*, and, according to Ding Gan Ren, *yuan zhi*. These herbs are mild and balanced in tonifying kidney *yin* and *yang*. *Yin* tonics include *shan yao*, *tu si zi*, and *nu zhen zi*. *Yang* tonics include *shan yao* and *tu si zi*.

Herbs that are stabilizing include *shan yao*, *tu si zi*, and *bai shao*. *Huang qi* is lifting.

The warm, acrid *yuan zhi* is used to balance the stabilizing ingredients.

**Leon Hammer** In terms of "lifestyle" Dr. Shen pointed out that it is the lifestyle of our parents that determines so much of our destiny as follows.

#### Suitable choice of partner:

The assault on our constitution begins with our parents' choice of a partner. In nature the female of

most species chooses to mate with the male who demonstrates the strongest constitution whether it be through physical competition, the ability to build a nest, or the colors of their plumage.

As a child psychiatrist and a parent and even as a child I observed this to hold true in human children until puberty when the endocrine system replaces this atavis-

tic sorting system. However “chemistry” was interceded by pragmatism sometime in the past when children became pawns in a chess game operated by parents in a game called “power.”

Procreation and union based upon physical attraction became liberated in the 20th century when power shifted from the family to individual initiative and has been the primary basis for union for the past 100 years. It has proven no better and perhaps worse than the arranged marriages of the past for the progeny we are concerned with here, with broken families everywhere and the loss of the support of the extended family.

With the advent of the nuclear family, education at home except by example, and in school regarding marriage or the opposite sex, is mostly absent, even where there is no outright objection by puritan religious factions. The age and health of one’s partner as well as the ability to provide is little understood in face of the hormonal cascade.

#### Pre-conception and conception:

Either parent or both can affect the viability of sperm and ova due to a compromised constitution. Poor nutrition, even in childhood and adolescence, drugs, alcohol and tobacco, exercise, work and sex beyond capacity, can seriously curtail the possibility of conception. Dr. Shen placed great emphasis on excessive masturbation in adolescent males as a deterrent to sperm vitality, to which he added lower burner trauma as caused by vigorous sports.

Age is an important factor. The sperm of a man of 25 is considerably more active than that of a man of 35. We can imagine the sperm activity of considerably older men who are starting families and the consequences for their children.

The same personal abuse will compromise the sperm and the ova at the time of conception, including exhaustion, especially due to intercourse. Furthermore the mental state of both parents, especially the mother, affects the vitality of both. Abuse, physical and emotional, in particular rape, will compromise the vitality of the fetus. Excessive or repressed emotion and shock of any kind will affect the heart and circulation and the development and function of the placenta. War and natural disasters are catastrophic to incipient life.

Temperature at conception is an unexpected factor according to Dr. Shen for which he gave examples. In one, the combination of the woman’s body condition (terrain), the sexual act, and cold substances (he cites pomegranate in one instance), caused her death.

Furthermore, according to Dr. Shen, for the fetus to be healthy the conceptual act must be enjoyable.

#### Comment:

Why is the lifestyle of one’s parents an important topic in this context? The principal purpose is to alert you as potential parents of how your lifestyle will affect the life of your most precious possession, your child. Attention to the above discussion can make your life and that of your children much more of a joy and much less of a burden.

#### Formula for repeated miscarriage:

Pin Yin	Latin	English	Dosage
<i>Ren shen</i>	Ginseng Radix	Ginseng root	45 g
<i>Xi yang shen</i>	Panacis Quinquefolii Radix	American ginseng root	30 g
<i>Chao huang qi</i>	Astragali Radix	Fried milk vetch root, fried astragalus root	30 g
<i>Zi he che</i> or <i>tai pan</i>	Placenta Hominis	Human placenta, placenta	30 g

**Leon Hammer** This formula contains *qi* and *yang* essence tonics to assist a woman in carrying a baby successfully. *Qi* tonics include *ren shen*, *xi yang shen*, and *huang qi*. Dr. Shen was fond of combining Chinese and American ginseng. *Yang* tonics include *zi he che* and *tu si zi*. *Zi he che* is also a very potent liver blood tonic and *tu si zi* mildly tonifies *yin*.

This formula is also lifting (with the inclusion of *huang qi*) and stabilizing (with the inclusion of *tu si zi*).

This formula was gleaned from Dr. Shen’s records in treating patients and it was not specified how many days this formula was intended to last. Given the standard dosages of the ingredients, it is reasonable to assume that the specified dosages were intended to provide several days of treatment.