

Case study No. 3

Theme: Irregular menstruation using 4 needle 5 elements

Patient's complaint: Irregular periods (45-60 day cycle) Premenstrual symptoms include: breast distention, pain and cramping in lower abdomen, mood swings

Pain or internal affection: Pain Internal

Initial treatment

Affected meridians: -

Affected area: -

Abdominal palpation: RM 6, 17, Ki 16 left side

Balancing Meridians: Hand Jue Yin Pericardium

Points Selected:

Bilateral:

Left side arm : PC 8, Ht 8

Left side foot :

Right side foot : Liv 1

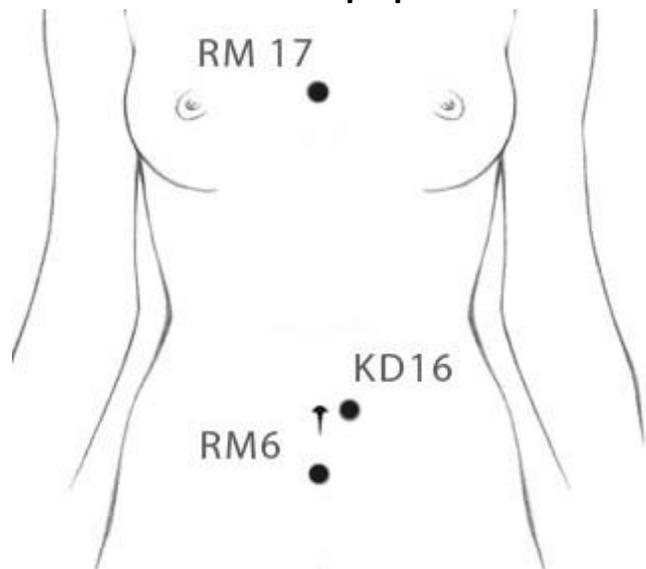
Right Side Arm : PC 9

Explication:

The water and heaven reaction areas were reactive.

Hand Jue Yin Pericardium interacts with pericardium and Kidney (system 4)

Abdominal palpation



Treatment #2

Time interval: 8 days

Feedback from previous treatment: Patient had period the day following the initial treatment with no premenstrual symptoms and no pain.

Abdominal palpation: RM 6, 17, KI 16 left side

Balancing Meridians: Hand Jue Yin Pericardium

Points Selected:

Bilateral:

Left side arm : PC 8, HT 8

Left side foot : KI1

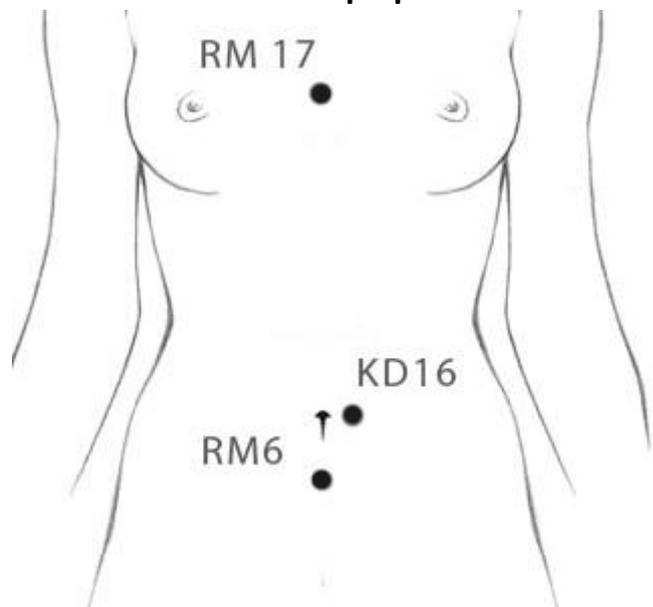
Right side foot : LIV 1

Right Side Arm : PC 9

Explication: Same reasoning as previous treatment.

KI 1 was added to release the RM 17.

Abdominal palpation



Treatment #3

Time interval: 8 days

Feedback from previous treatment: improvement in general energy, motivation, and concentration. Started to have some breast distention

Affected meridians: -

Affected area: -

Abdominal palpation: RM 6, 10, 17

Balancing Meridians:

Points Selected:

Bilateral:

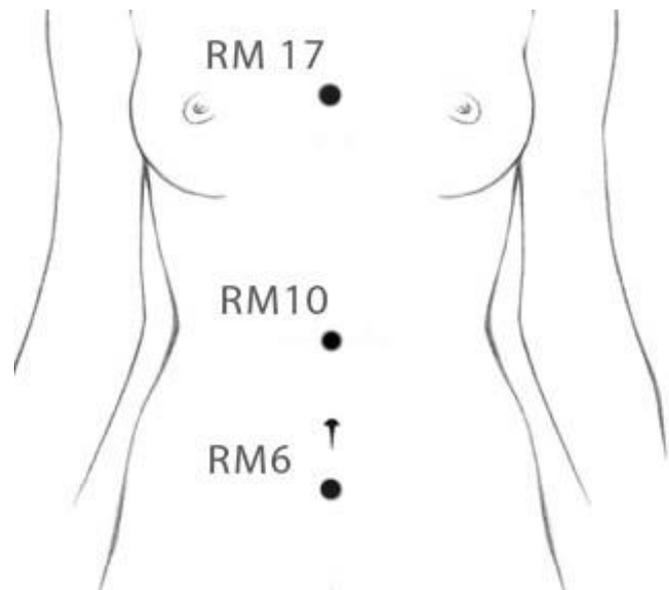
Left side arm : LU8

Left side foot : SP 6, K7

Right side foot : SP 3, K3

Right Side Arm :

Abdominal palpation



Explication: tonifying the Kidney interacted with both the Heaven (RM17) and water (RM4-6 +KI16) reaction areas. SP 6 for the Earth (RM9-12) reaction area.

Continuation of treatments:

Treated at a frequency of once per week for three months by which the menstruation cycle became regular at 30 days. By the following month the patient had become pregnant. The abdominal palpation regularly indicated water (RM6) and sometimes heaven (RM17). Alternating between tonifying the Kidney and tonifying the Pericardium channels.

Results: Patient carried her child to term and gave a healthy delivery. There were no complications throughout the pregnancy. Previously the medical advice was that fertility treatment would be needed to conceive.

Explications: The interactions of Heaven and Water are key to some fertility and menstruation issues. The influence of the heavenly qi on the Jing is often interpreted as Ming Men. As Ming Men is said to reside between the kidneys, the relationship becomes obvious. As there was a lack of Ming Men fire, tonifying the Pericardium was bringing the fire elements qi down to the lower burner allowing for increased movement and allowing for normal menstruation.