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CASE STUDIES

A WORD ABOUT CASE STUDIES

When a patient comes into my office, I ask about her symptoms, pains and aches, as well as her health history. I check her pulse and look at her tongue and facial complexion. When I analyze all the data, I decide on the pattern she presents and accordingly I choose the appropriate herbs or herbal formula.

Many patients come to me after they have read other books about infertility and Chinese medicine, and have already self-diagnosed multiple problems, with every symptom falling under a different category. A low level physician with little education sees things similarly. With case studies, we not only learn about the different disharmonies causing infertility, we can also learn the thinking process behind the art. We're able to then decide which one of these many patterns is the real cause and which ones are not. It is the thinking process behind Chinese medicine that makes it so unique and powerful.

The case studies will list the patient's Western diagnosis when applicable, although it is irrelevant from a Chinese medicine perspective. Modern practitioners, who will go so far as to claim that a specific Western medicine diagnosis, (ie: endometriosis) equals a specific diagnosis in Chinese medicine (ie: Qi and blood stagnation), are making a big mistake. I will categorize the patients according to one main symptom to show how the analysis can vary.

It is also important to know that the description of a case study is only applicable for a certain point in time. When the pattern and symptoms change, the needs change, and the recommended herbs must change. In fact, for herbs to be appropriate in Chinese medicine, they should be adjusted every two weeks.

Even though all patients, except four, from the following case studies conceived naturally with the Hunyuan treatments, when you identify your infertility condition with one of the cases listed below, do not rush to use the same herbs or acupuncture points. The case study section is just a guiding tool to explain the thinking process behind Chinese medicine. The real cause of a patient's infertility is hidden within their particular pattern of disharmony. When we balance the disharmony with herbs and acupuncture, the ill symptoms disappear and fertility returns. This is how patients become pregnant with the Hunyuan method. The difficult part is to identify the true cause of a disharmony among conflicting symptoms. This is what ultimately determines success or failure.

NIGHT SWEATS

Patient 1:

Female, 39, western diagnosis: poor egg quality

MAIN COMPLAINT: infertility

HISTORY: Menstrual cycle day 7, feels cold since teenage years, has cold hands and feet, heavy night sweats since last IVF of about one month. No thirst and low appetite. Facial complexion is pale. Feels tired during the day even though she sleeps for seven to eight hours every night. The pulse is thin and weak and slightly rapid. The tongue is pale, thin white coating with slight teeth marks on the sides.

PATTERN: kidney and spleen Yang deficiency

PATTERN ANALYSIS: When the patient feels cold for many years, and the hands and feet are always cold, the kidney Yang is low. Fertility drugs typically extract original Yang from the kidneys and the Yang loses its root in the water. When the Yang can't root or go into storage at night, it floats. The skin pores open and body fluids are pushed out in the form of night sweats, the body tries to get rid of excess Yin. When the kidney Yang is exhausted, the spleen Yang is weakened and the appetite decreases and there is no thirst. Even though the pulse is slightly rapid, it is thin and weak, which is a declined Yang pulse of the Shao Yin.

HERBS: Fu Zi, Zhi Gan Cao, Sheng Jiang, Sha Ren, Bai Zhu, Huang Qi

ACUPUNCTURE POINTS: stomach 36, spleen 6, kidney 7, large intestine 10

HERBS AND ACUPUNCTURE ANALYSIS: The first three herbs strengthen the kidneys' original Yang while the latter strengthen the spleen Yang. The acupuncture points strengthen the same.

Patient 2:

Female, 35, western diagnosis: unexplained infertility

MAIN COMPLAINT: infertility

HISTORY: Menstrual cycle day 12, has cold feet but not cold hands, in the winter feels a little colder, night sweats during and shortly following the menses, some light headedness, seeing floaters or spots in front of her eyes, the hair and skin feels dry, slight thirst, when standing up fast feels light headed, the menstrual bleeding is light with one day of flow and two days of spotting, pulse is thin, weak and slightly rapid, the tongue is pale and the coating is missing at the front of the tongue. Under the tongue the veins are slightly dark in color.

PATTERN: liver blood deficiency

PATTERN ANALYSIS: Weak pulse shows blood deficiency, cold feet but not hands show a liver blood deficiency and less so kidney Yang deficiency, dryness, light flow of period shows blood deficiency.

HERBS: Dang Gui, Bai Shao, Sheng Dihuang, Chuan Xiong, Gan Cao, Bai Zhu, Huang Qi

ACUPUNCTURE POINTS: kidney 7, liver 8, stomach 36, large intestine 10

HERBS AND ACUPUNCTURE ANALYSIS: Strengthen the blood by tonifying the spleen. The first four herbs build the blood and the latter three strengthen the spleen. This helps build up blood. Using Sheng Dihuang and not Shu Dihuang will prevent obstruction of the spleen and will nourish the blood more effectively. Acupuncture kd 7, st 36 and Large intestine 10 strengthen the spleen while liv 8 helps the liver blood. **The Yellow Emperor** says that when the Yang grows, the Yin flourishes. This is why we strengthen the spleen Yang to produce blood (blood belongs to Yin).

Patient 3:

Female, 43, western diagnosis: high FSH

MAIN COMPLAINT: infertility

HISTORY: Menstrual cycle day 6, night sweats around 5 AM. Since last IVF two months ago, the patient feels warm during the day but has no thirst. After lunch, the patient feels tired. Patient felt cold and had cold hands, feet and nose for many years, but in the last two months