



Case Report

PCOS, Irregular Menstrual Cycle, Dysmenorrhoea

Patient's Details:

Female 26 years old. First visit 09 October 2017.
Treatment: Acupuncture and Herbs

Chief Complaint:

PCOS, Irregular Menstrual Cycle, Dysmenorrhoea

Complaint history and Characteristics:

She has been diagnosed with PCOS in May this year. She had her first period when she was 14 years old. She started taking contraceptive pills when she was 18 years old and stopped taking them in Feb 2016. Since then she has had 5 periods which were in Aug 2016, Dec 2016, Feb 2017 and twice in June 2017. The bleeding lasts 4-6 days with severe constant pain at lower abdomen, bright red color without blood clots. She also suffers from lower back pain which is worse at night for at least 3 or 4 years. She has a poor appetite and always feels tired and lack of energy. She always feels stomach bloated and full and sometimes has nausea. She is prone to have loose stool. The frequency of urination is up to 8 times in day time and 3 to 4 times night time. She always has cold hand and feet. She used to order fast food and takeaways regularly but not as often since she was diagnosed with PCOS. She also has a craving for sweet and has sweet snacks during the day very often. She only drinks alcohol with friends on weekends and doesn't smoke. She was told by her GP that she has little chance of getting pregnant.

Medical History:

None.

Initial Pulse/Tongue:

Tongue: Dark pale tongue with teeth marks, thick white coating.

Pulse: Deep thin pulse

Diagnosis:

Spleen-kidney Yang deficiencies, Phlegm-Damp accumulation and disharmony of Chong-Ren Channel.

Excessive consumption of greasy and rich food for years ---> deficiency of Spleen which fails to perform its function of transforming and transporting fluids and nutrition to the whole body leading to damp-phlegm accumulation---

> the formation of small cysts in ovaries, bloating and nausea, loose stool, tongue with teeth mark and thick white coating.

Lifestyle factors---> Kidney Yang deficiency, Kidney store the Jing and rule birth, development, and reproduction including menstrual cycle ---> irregular menstruation, dysmenorrhoea, tiredness, cold hands and feet, lower back pain, frequent urination.

Treatment:

Nourishing the kidney Yang and strengthen the spleen to regulate Qi and resolve phlegm, regulate the Chong-Ren Channels, regulate menstruation to stop pain.

Acupuncture:

SANYINJIAO(SP6), HEGU(LI4), TAICHONG(LIV3), ZUSANLI(ST36),
SHANGQIU(SP5), JIAOXIN(KI8), FULIU(KI7), QIHAI (REN6),
GUANYUAN(REN4), QUCHI(LI11), ZHONGJI(REN3)

Moxibustion: GUANYUAN(REN4), HUANGSHU(KI16) 5 minutes each point.

Herbal Prescription changes with the progress of treatment. First prescription mainly focuses on the frequent urination. The following prescription nourishes Kidney Yang and Spleen, regulate the Chong-Ren Channels and resolve phlegm. Prescription is also different at her period week according to her symptoms. There are 10 different herbal prescriptions used during her treatment.

Progress

Menstrual cycle is regular after 10 months treatment and she has given birth to a lovely baby boy in July 2019.

Reflection:

Advice given during the treatment is to keep warm, eat warm food and drink warm fluids. Do not work too hard and try to relax. Eat a healthy, balanced diet. Less sweet, spicy and deep-fried food. Regular, moderate exercise of around 30 minutes a day. Limit alcohol and caffeine.