**Gynaecology**

In Chinese medicine there are numerous gynaecological conditions. The most common include:

Irregular periods

PMT

Polycystic Ovary PCOS

Infertility (including male)

Vaginal thrush (candidiasis)

Habitual miscarriage

Menopause

Painful periods

Endometriosis

Mourning sickness

Amenorrhea - absence of period

Pregnancy

Labour

Breast-feeding

Hormonal skin problems

Hormonal headaches

***Here are some common patterns Chinese Medicine Patterns which encompass many gynaecological symptoms. The treatment of all these patterns would include acupuncture and or herbal medicine. Diet and lifestyle would also usually be examined. Diagnosis is made after taking a full case history on the patient. Tongue, pulse and facial diagnosis are all used to help build a firm picture of which syndrome is involved.***

**Liver and heart blood deficiency, depleted conception and penetrating vessel, spleen qi deficiency.**

**Signs and symptoms may include:**

Prolonged early or late periods, heavy or scanty periods, PMT, inability to conceive, irregular periods, habitual miscarriage, dry eyes, insomnia, tendo-muscular aches and weakness, palpitations, cracked finger nails, dry skin and hair, restlessness, anxious, irritable, tiredness, feeling cold.

**Treatment principle:**

Nourish the blood, tonify qi, regulate the blood, and regulate the conception and penetrating vessels.

**Damp-heat in the lower body (leucorrhoea/candidiasis)**

**Signs and symptoms may include:**

Vaginal itching and discharge, burning heat or redness of the genitalia, dry mouth.

**Treatment principle:**

Clear heat, eliminate damp and harmonise the conception and penetrating vessels.

**Kidney yin deficiency (menopause)**

**Signs and symptoms may include:**

Hot flushes, insomnia, anxiety, palpitations, dryness of the throat and vagina, restlessness, backache, a sensation of heat in the palms, soles and chest, prolonged / shortened menstruation

**Treatment principle:**

Tonify the kidneys and calm the mind.

**Blood stagnation (uterine bleeding)**

**Signs and symptoms may include:**

Painful periods, persistent uterine bleeding, lower abdominal pain, clots, spotting, profuse bleeding.

**Treatment principle:**

Move blood, and resolve blood stasis.

**Kidney deficiency (infertility)**

**Signs and symptoms may include:**

Infertility, prolonged menstrual cycle, loose stools, low back pain and weakness.

**Treatment principle:**

Tonify the kidneys, regulate and tonify the conception and penetrating vessels.

**Liver qi stagnation ( PMT)**

**Signs and symptoms may include:**

Outbursts of anger, tiredness, irregular periods, painful periods, belching, sighing, nausea, pent up anger, moodiness, headache, insomnia, clots, low back pain, and menstrual dizziness.

**Treatment Principle:**

Sooth the liver, regulate qi, move blood.

**Consultation**

On your first visit a full consultation will be given. This will include checking for organ imbalances nutritional deficiencies, diet and lifestyle demands, and tongue and pulse diagnosis. We will also get a full medical history from you. Depending on your diagnoses a treatment plan will be devised for you. This may include - Acupuncture, auricular acupuncture or needle free acupuncture, Chinese medicine, Diet and lifestyle recommendations.

It is important that your diet contains adequate nutrition and energy giving foods. It is equally important that these foods are being properly absorbed. Water, sleep and aerobic exercise are vital to maintain optimal health and energy. At the clinic we will assess your daily requirements to achieve this.

In Chinese medicine different food possess different properties e.g. If you have blood deficiency you will be advised to eat some foods that can nourish blood like rice and chicken eggs. While if you have a damp condition you may be asked to reduce your intake of foods which cause dampness e.g. greasy foods.

You may also be recommended to have an allergy / food intolerance test at the clinic.