

Case details; 36 Y.O. Female Western dx; Polycystic Ovarian Syndromes. T.C.M.; Cl damp heat, move Qi and blood, physiologic focus on mid and lower jiao. Support Shen.

Onset; 10 years. Frequent/constant low grade pain with frequent and urgent micturition. Pain worsens upon urination with night time frequency of sometimes 5 or more urges, leading to insomnia issues...

Currently using; Ativan (for pain) colloidal silver, Vit. D, B vitamin complex using a "natural" herbal sleep remedy.

Exercise level; One strenuous workout a week, Yoga 2-4 times (at home) dog walking daily...

Diet; generally an omnivore, avoids high acid foods.

Stress level; Overall she impresses as low stress personality, recently married and is beginning/building a house. Side note; she said she wanted a practitioner to take her on as a "project"... Has a goal; start a family soon...

Had acupuncture for 6 months (about two years ago) with little to no lasting results /reported only temporary sx. relief. No herbal formula.

Menses cycle; 28 days, lasts 4-5 days; P.M.S. breast tenderness, emotionally; intermittent weepy feeling, heavy onset and slow taper to finish, tenderness/pain reduces/gone after first day of onset.

1. Treatment Evaluation Process;

- a. 8 Extra Meridians
- b. T.C.M. channel and organ theory
- c. 5 Element 8 Principle Theory
- d. Solushens Acupuncture approach

2. Appt. details; dates span 3 visits 10/8, 10/15 and 10/22.

a. First visit details; Initial sensitivity low, elevated in session. No emotional release(s) but shift in Qi flow evident. Du 20, G.B. 25(x2) Sp. 4,(x2) Sp.16 (l.) LI. 11(r.) P.6(l.) Add Qi Gong/ DanTian focused meditation. See again in one week. Added herbal formula; huang hua 15g., huang bai 15g., huang qin 15g., mu dan 10g., sheng di 10g., chen pi 10g., cang zu 8g., zhi zi 8g., gan jiang... dose; 5g./3x a day. Onset of menses is scheduled in two days. Very regular (28 day) cycle.

b. Tx.#2; Less pain/feeling 80% better. (as per phone call 4 days after starting herbal formula). This visit reported 50 % reduction in all aspects of sx. (reports as very happy) reported good initial urine flow with first doses of herbal medicine. Du 20-24, Liv.3(r.) Sp.6,(l.) Ki.1(x2) Ki. 3-4 (l.)

c. Tx.#3; Pain reduction holding at high level,...? bladder control better.? Qualifier; feels she had a "normal weekend w/o pain and urine urgency. G.B. 25(r.) Sp.6(r.) L10,11(r.) Ren5-7 S.J. 21(l.) 70-80% Sx.

Follow up ph. call 10 days later; Menses onset; onset pain bad, overall reduced sx. pattern is holding.

My Evaluation and comment on Shen; A somber version... An initial response of success could be short lived if the newly shaped pattern/constitutional definition is not enforced.

Meditation and or Tai-Chi maintenance, as well as emotional self contentment practice/reinforcement herbs and accountability could make or break success. See monthly for at least 6 months...

My Evaluation #2; An optimistic more assured version... She needed to be married, and will be fine now... All fun aside we should always know we are constantly intercepting (Def; To stop something as it is passing/moving by.) people at each visit and that follow through and accountability are good medicine to help heal...

Points as Guides;

G.B. 25 Ki. F.M. point/ improve water

Ki. 1 open orifice, calm spirit Ki. 3 Yuan source pt. reg chong /ren, tonify blood/kidney. Use for insomnia (w.sp.6 hrt.7)

Ki.4 Tonify Ki. Cl. Heat. Calm mind (improve wisdom)

L.10 cl. heat

L.11 cl. heat/rescue collapsed yang(Convulsions/Coma) def;. convulted; *adj.* twisted, b. very complicated. convulsion *n.* twisting; complication.

L.I. 11 Earth pt. and Metals mother pt.

P.6 luo pt. master Yin Wei Mai pt., calm mind, harm. St. allev. Pain/ combine with Sp.4, (abdominal pain)  
R.5 promo transformation/reg. water fluids passage/ reg. menses/ warm Ki./tonify yang  
R.6 tonify qi/ benefit Ki./secure essence/ balance yang  
R.7 reg. menses/ blood  
S.J.21 unblock channels  
Sp. 4 Luo Conn. pt./stomach  
Sp.6 ton. sp/st., reg. qi/blood, unblock channels/collaterals. 3 yin meeting pt.  
Sp. 16 reg. intestines

Diagrams; K. Matsumoto/ S. Birch; Book 'Five Elements 10 Stems'