

A Case Study on Dysmenorrhea

Dysmenorrhea:

Dysmenorrhea is a pain in the lower abdominal lumbosacral region before, after or during menstruation. It may be caused by accumulation of cold and dampness, stagnation of liver qi leading to impeded circulation of qi and blood or both qi and blood deficiency.

The Case

Chen, female, 23 years old, unmarried

Main Complaints:

The patient has had a pain in the lower abdomen during menstruation for 2 years. The patient usually has the pain one or two days before the period and there is no pain afterwards. Distending pain of breast and hypochondria; Feeling depressed, frequent sigh and having a distending pain on the two sides of the head; Feeling uncomfortable with the chest and back; The pain is unpalpable. Sometimes the pain is acuity to swoon; Having edema of eyelids during menstruation; The pain can spread over the whole abdomen, lumbosacral region; Usually feeling emotional depression, migratory distending pain in the chest, hypochondria, breast and lower abdomen; deep-purple blood with clots, relief of pain after discharge of clots; irregular menstruation.

Main Clinical Manifestation:

Distending pain and tenderness in the lower abdomen one or two days before or during menstruation, accompanied with fullness sensation in the chest, breast and hypochondria, deep-purple blood with clots, relief pain after discharge of clots

Tongue:

Thin and white tongue fur with purplish petechiae on the tongue edges

Pulse

Taut pulse

Gynecological examination:

No organic diseases in the pelvic cavity shows a primary dysmenorrhea.

Pathogeny and pathogenesis:

- 1、 Depression and frequent sigh are due to stagnation of liver qi and dysfunction of liver dispersion;
- 2 、 Migratory distending pain in the chest, hypochondria, breast and lower abdomen is caused by liver depression, qi stagnation and inhibited flow of meridian qi;
- 3、 Irregular menstruation, dysmenorrhea are caused by liver depression, qi stagnation and inhibited circulation of blood because the liver is the fundamental in women;
- 4、 Hypochondriac lumps and unpalpable stabbing pain are due to internal retention of blood stasis resulting from prolonged stagnation of qi and inhibited flow of blood; and

it should be an excessive syndrome;

5、 Deep-purplish blood with clots are due to qi stagnation and blood stasis

6、 Thin and whitish tongue fur and taut pulse are the signs of the liver that fails to act freely and disperse normally; tongue with purplish petechiae as well as taut pulse are signs of qi stagnation and blood stasis.

Syndrome differentiation:

Zangfu-----Syndrome of liver qi stagnation

Qi, blood and body fluid-----Qi stagnation and blood stasis syndrome

Eight Principles-----Internal and excessive

Disease diagnosis:

Primary dysmenorrhea

Principle of Treatment:

Regulating the liver qi and removing blood stasis as well as dredging qi stagnation

Prescription/Recipe:

Modified Decoction for Dissipating Blood Stasis under Diaphragm

Chinese angelica root	9g
Chuanxiong rhizome	9g
Red peony root	12g
Safflower	9g
Bitter orange	9g
Corydalis tuber	12g
Trogopterus dung	9g
Sichuan chinaberry	12g
Lindera root	12g
Nutgrass flatsedge rhizome	12g

All the above drugs are to be decocted in water for oral administration.