PEDIATRIC In TCM

5-Diseases after childbirth

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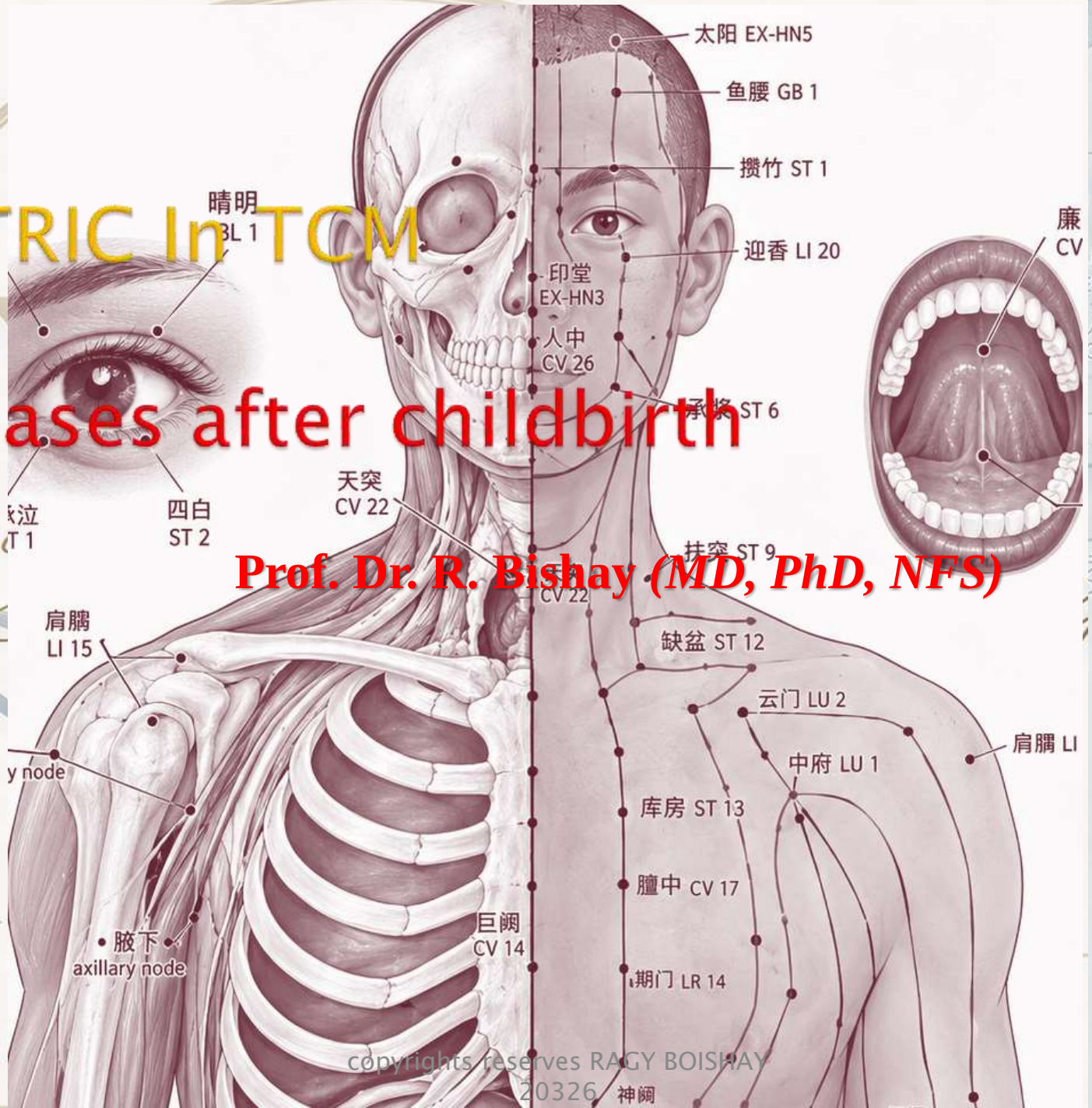

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Diseases after childbirth:

- The period considered here is the first few weeks after delivery, called the *puerperium* in Western medicine.
- In Chinese medicine, this period was called *chan ru : chan means* 'childbirth' and *ru means 'cotton mattress'. This name gives an immediate indication about* Chinese recommendations regarding the length of bed rest required after childbirth.

- The puerperium is characterized by two major possible conditions:
- 1-Deficiency of Qi, Blood or Yin,
- 2-Blood stasis.

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- The force required for delivery taxes the woman's Qi, the loss of blood during childbirth injures Blood and Yin, the sudden expulsion of the placenta injures the Original Qi, the Directing and Penetrating Vessels are depleted and the blood vessels and channels are Empty and prone to invasions by Exterior pathogenic factors. All these factors mean that a deficiency (of Qi, Blood, Yin) is the overriding pathological condition of women after childbirth.

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- A stasis of Blood is the other common pathological condition after childbirth. Stasis of Blood after delivery may be due to retention of old blood in the uterus or retention of lochiae.
- Deficiency of Blood or stasis of Blood after childbirth are, in fact, the two underlying conditions for mental changes in the puerperium:
- Deficiency of Blood may cause post-natal depression while stasis of Blood may cause psychosis.

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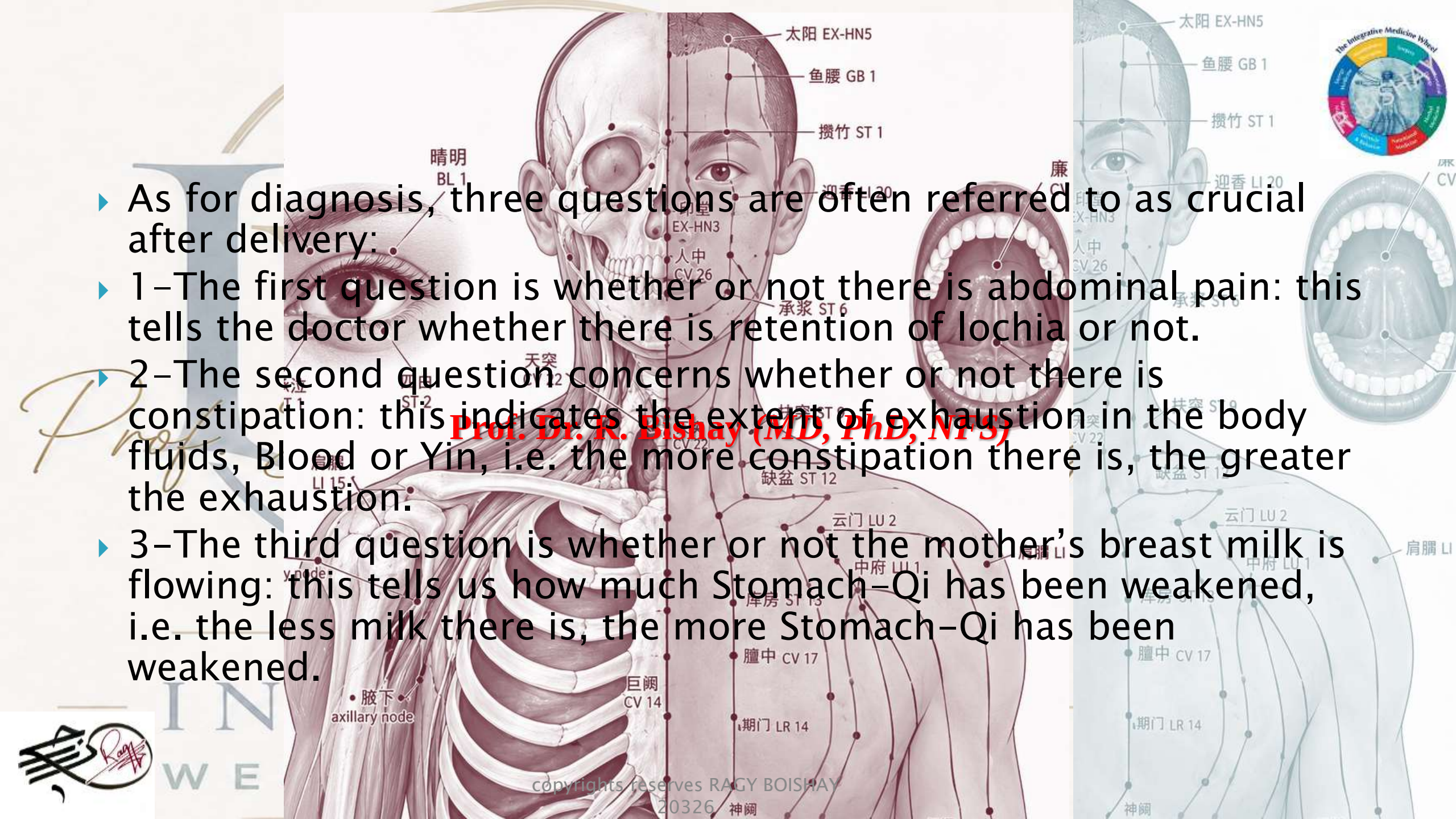

- As for diagnosis, three questions are often referred to as crucial after delivery:
- 1-The first question is whether or not there is abdominal pain: this tells the doctor whether there is retention of lochia or not.
- 2-The second question concerns whether or not there is constipation: this indicates the extent of exhaustion in the body fluids, Blood or Yin, i.e. the more constipation there is, the greater the exhaustion.
- 3-The third question is whether or not the mother's breast milk is flowing: this tells us how much Stomach-Qi has been weakened, i.e. the less milk there is, the more Stomach-Qi has been weakened.

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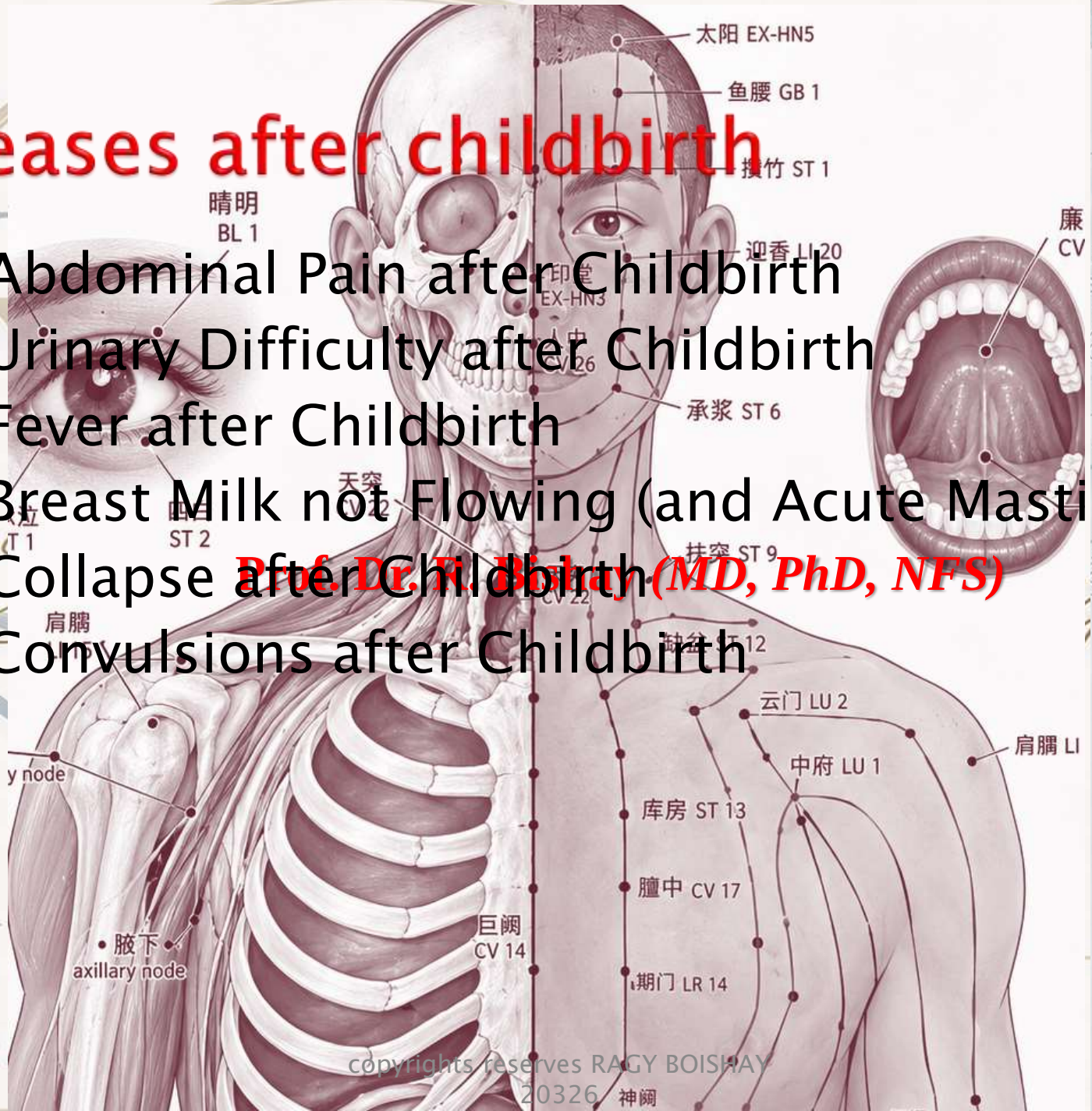

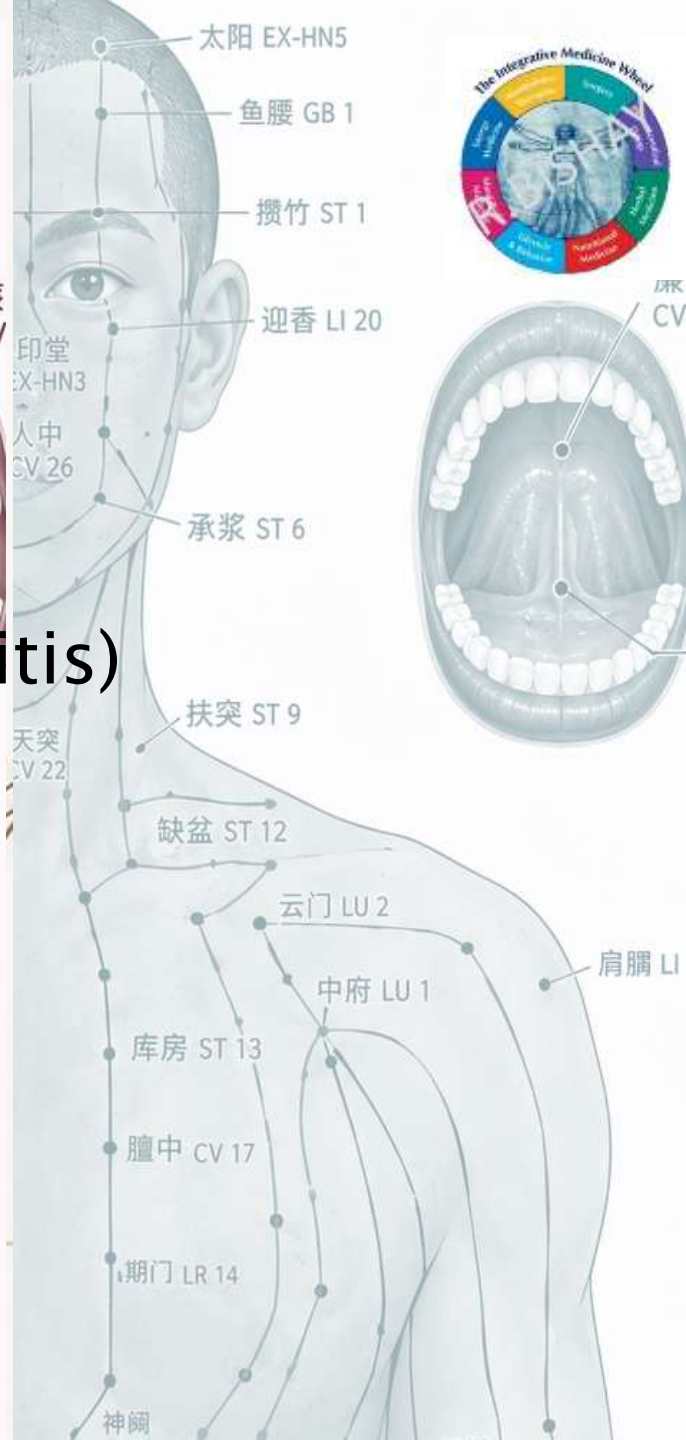

5.1 Abdominal Pain after Childbirth

5.2 Urinary Difficulty after Childbirth

5.3 Fever after Childbirth

5.4 Breast Milk not Flowing (and Acute Mastitis)

5.5 Collapse after Childbirth

5.6 Convulsions after Childbirth

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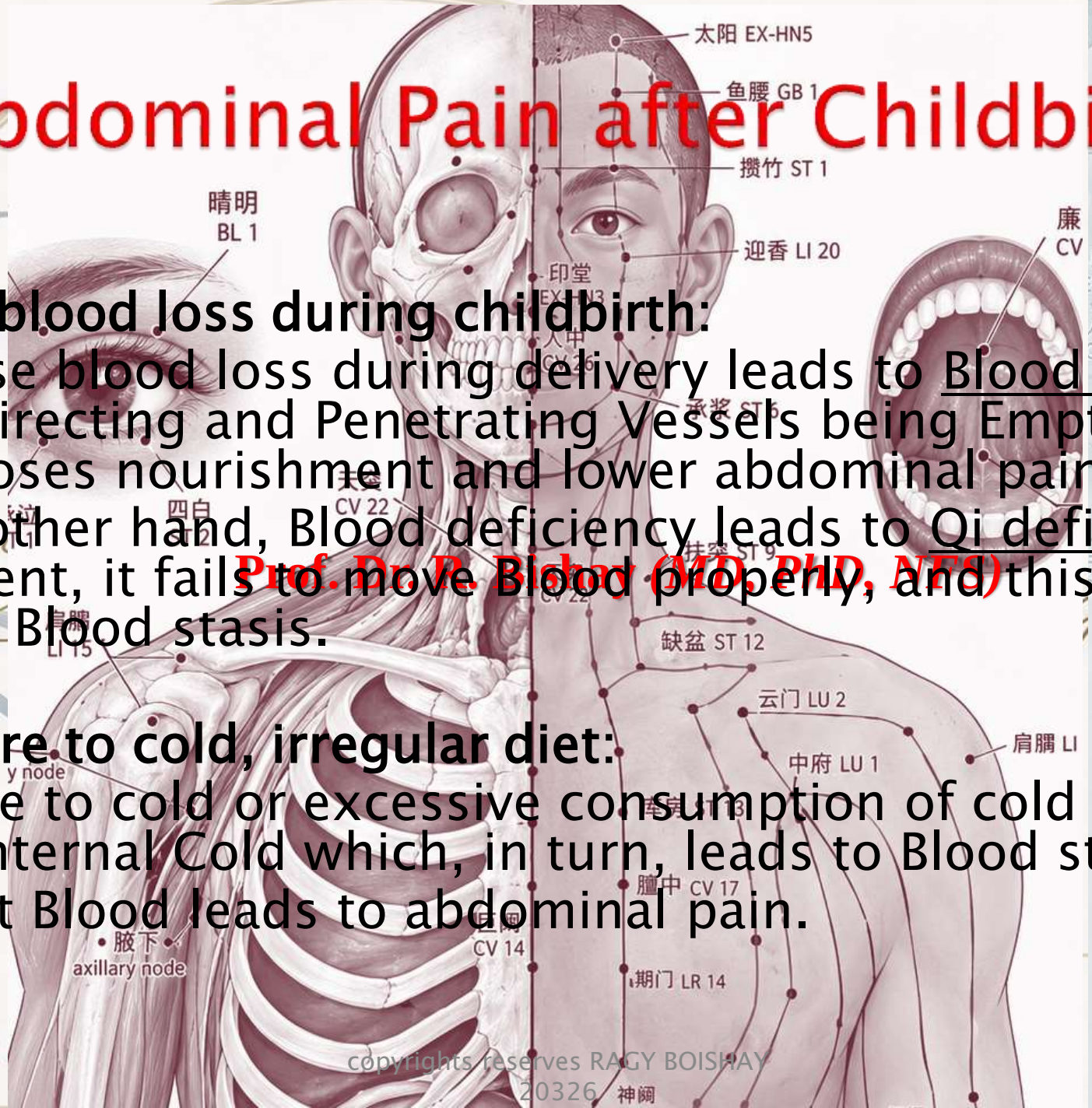
5.1-Abdominal Pain after Childbirth



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Etiology:

1-Severe blood loss during childbirth:

- A profuse blood loss during delivery leads to Blood deficiency and to the Directing and Penetrating Vessels being Empty: the Uterus Vessel loses nourishment and lower abdominal pain develops.
- On the other hand, Blood deficiency leads to Qi deficiency; when Qi is deficient, it fails to move Blood properly, and this, in turn, leads to some Blood stasis.

2-Exposure to cold, irregular diet:

- Exposure to cold or excessive consumption of cold foods may create internal Cold which, in turn, leads to Blood stasis.
- Stagnant Blood leads to abdominal pain.

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3-Emotional stress

- Emotional stress after childbirth or emotional problems from the stress of delivery leads to stagnation of Qi. In itself this may cause abdominal pain;
- In addition, it may lead to Blood stasis, which causes more, and worse, abdominal pain. Stagnation of Qi and Blood after delivery also leads to a total or partial retention of lochia which, in itself, is a further cause of abdominal pain.

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4-Irregular diet

- Excessive consumption of greasy and sweet foods after childbirth may lead to retention of food and abdominal pain.

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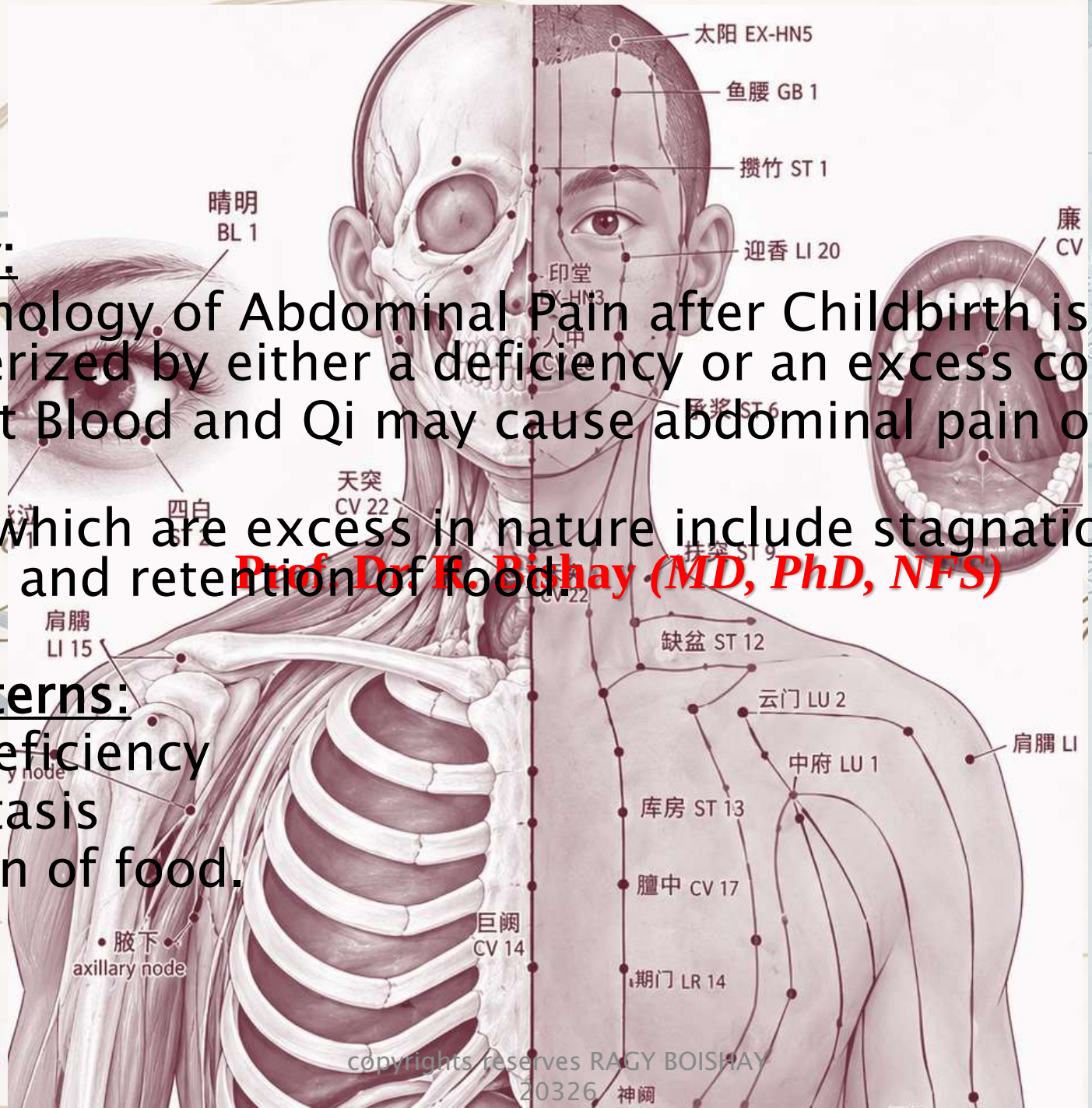

Pathology:

- The pathology of Abdominal Pain after Childbirth is, as always, characterized by either a deficiency or an excess condition.
- Deficient Blood and Qi may cause abdominal pain of a deficient nature.
- Causes which are excess in nature include stagnation of Qi, stasis of Blood and retention of food.

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- **The patterns:**
  - Blood deficiency
  - Blood stasis
  - retention of food.

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Identification of patterns and treatment:

Blood deficiency	
Clinical manifestations	**Acupuncture points:**
Dull abdominal pain after childbirth which is relieved by pressure and after eating, scanty, but continuous uterine bleeding which is pale in color, dizziness, tiredness, blurred vision, constipation. Tongue: Pale and Thin. Pulse: Choppy.	- Ren-6 tonifies Qi in general and moves Qi in the abdomen. - Ren-4 nourishes Blood and strengthens the Uterus. - ST-36 and SP-6 tonify Qi and Blood. - LIV-8 nourishes Liver-Blood.
Treatment principle	
Tonify Qi, nourish Blood, stop pain.	

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Identification of patterns and treatment:

Blood stasis

Clinical manifestations	Acupuncture points:
Abdominal pain after childbirth that is worse with pressure and worse after eating, discharge of dark lochia, dark complexion, cold limbs. Tongue: Purple. Pulse: Deep and Wiry.	- SP-4 and P-6 regulate the Penetrating Vessel, subdue rebellious Qi and eliminate stasis in the abdomen. - ST-30, an important point of the Penetrating Vessel, regulates Qi and Blood in this vessel and treats abdominal pain. - KI-14, a point of the Penetrating Vessel, moves Qi and Blood in this vessel and stops abdominal pain. - SP-10 and BL-17 invigorate Blood and eliminate stasis. - SP-6 stops abdominal pain and invigorates Blood. - LIV-3, a point also acting on the Penetrating Vessel, moves Qi and Blood and stops pain. - ST-29 stops abdominal pain and invigorates Blood.
Treatment principle	
Invigorate Blood, eliminate stasis, scatter Cold, stop pain.	

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Identification of patterns and treatment:

Retention of food	
Clinical manifestations	**Acupuncture points:**
Abdominal and epigastric pain after childbirth, a feeling of fullness in the abdomen and epigastrium, foul breath, belching. Tongue: thick coating. Pulse: Slippery.	- Ren-11 and ST-22 dissolve food accumulation and stop pain. - ST-19 dissolves food accumulation in the Upper Burner. - Ren-10 promotes the descending of Stomach-Qi. - Ren-13 subdues rebellious Stomach-Qi and stops nausea and belching. - P-6 harmonizes the Stomach and promotes the descending of its Qi. - ST-34, Accumulation point, stops epigastric pain. - SP-6 stops abdominal pain.
Treatment principle	
Dissolve food accumulation, harmonize the Centre.	

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5.2- Urinary Difficulty after Childbirth

- Urinary Difficulty after Childbirth includes a range of urinary problems, from difficulty in urination and retention of urine, to their opposites, frequency of urination and incontinence of urine.

Etiology:

1- Excessive strain during labor:

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- If labor is prolonged it induces a state of Spleen-Qi deficiency.
- Deficient Spleen-Qi fails to raise Qi and this affects the Bladder's Qi which therefore sinks causing frequency of urination or even incontinence of urine.
- The deficient Qi fails to transform and excrete fluids in the Bladder which are therefore retained.

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- Excessive strain during labor also taxes the Kidneys and, in women who might have a pre-existing Kidney deficiency, it causes a deficiency of Kidney-Qi.
- As the Kidneys provide Qi to the Bladder for its function of Qi transformation, the Bladder has not enough Qi to transform and excrete fluids and this may cause either frequency and incontinence of urine or its opposite, difficulty and retention of urine.

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2-Injury to the bladder:

- The bladder itself may be injured by a prolonged labor or by surgical procedures during childbirth and therefore give rise to either retention or incontinence of urine, more usually the latter.
- In some cases, this may persist for a long time after childbirth.
- Injury to the bladder may also manifest with symptoms of Qi stagnation affecting the Bladder.

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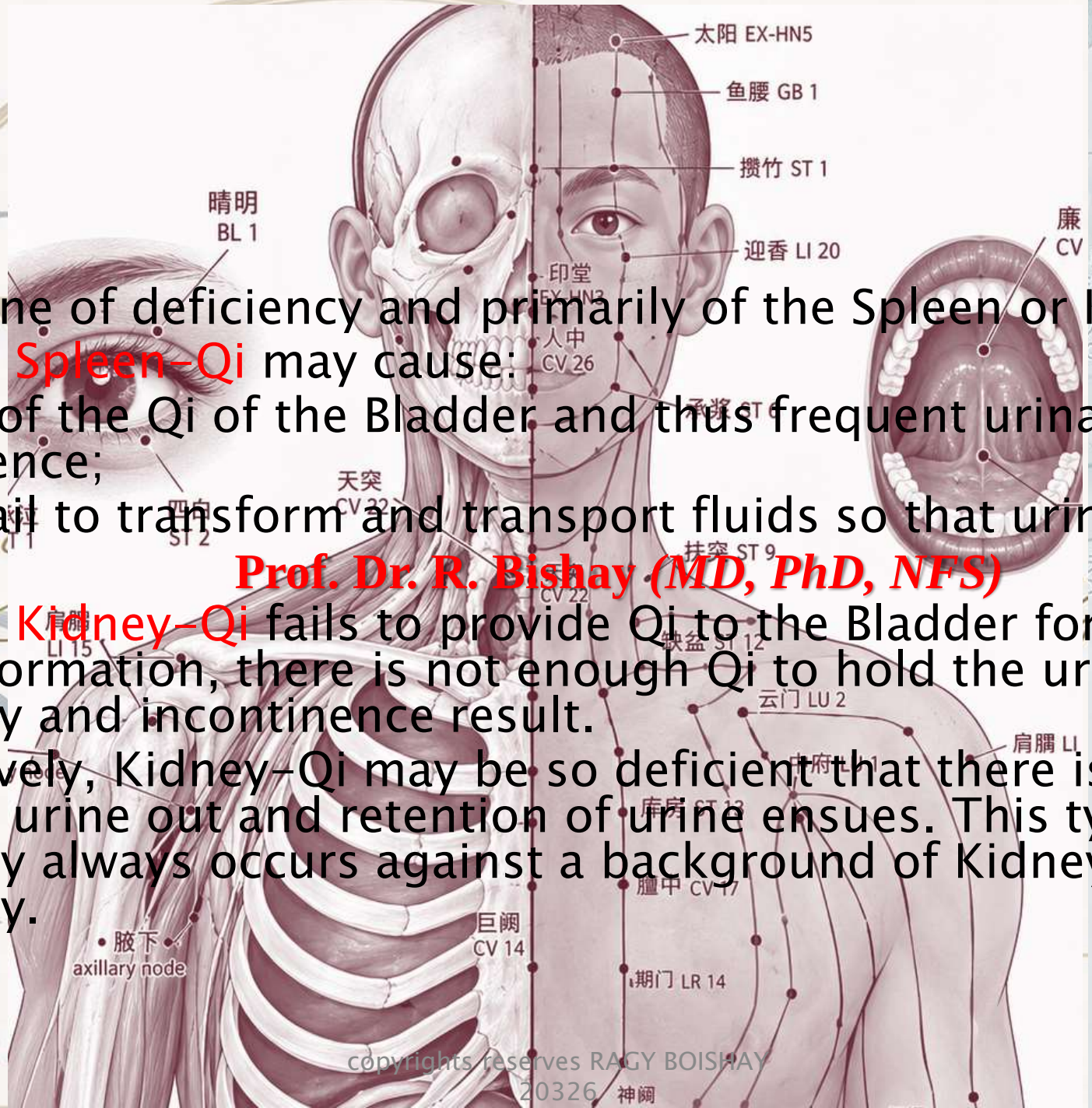

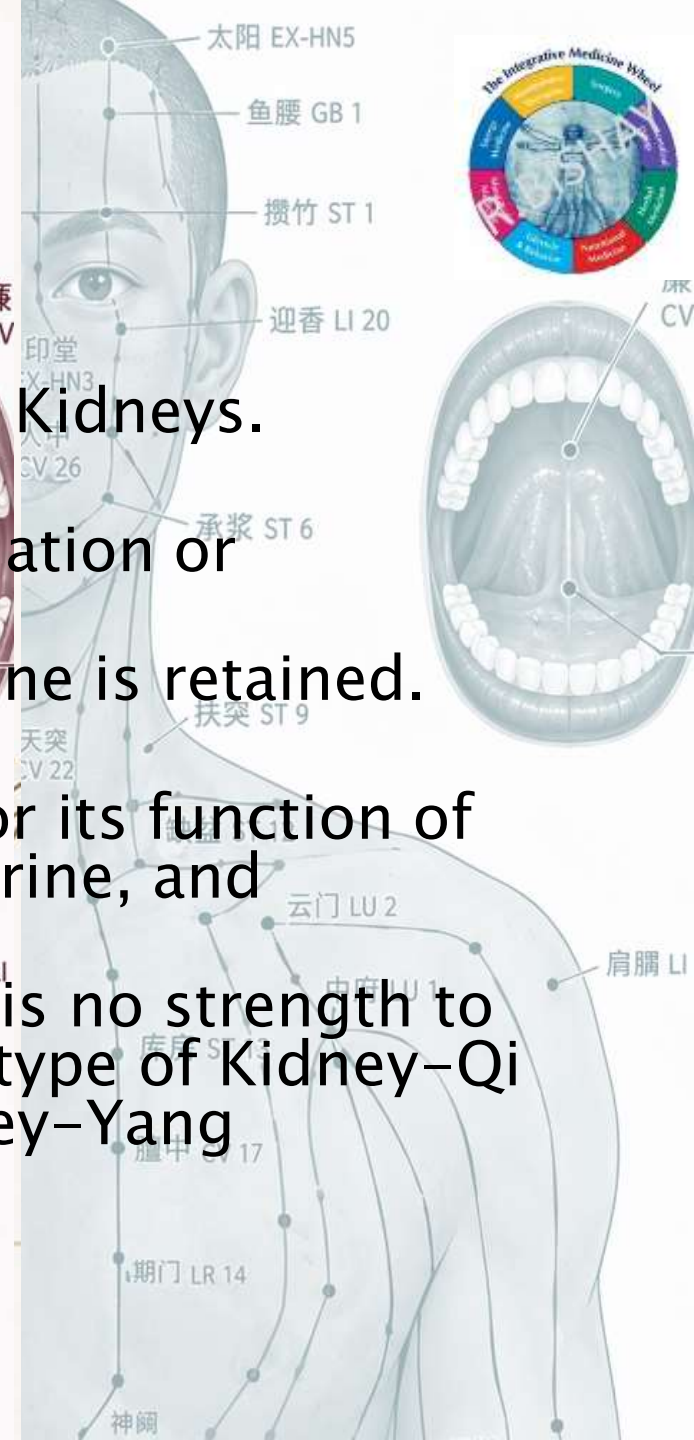

Pathology:

- Always one of deficiency and primarily of the Spleen or Kidneys.
- Deficient Spleen-Qi may cause:

1-Sinking of the Qi of the Bladder and thus frequent urination or incontinence;

2-It may fail to transform and transport fluids so that urine is retained.

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- Deficient Kidney-Qi fails to provide Qi to the Bladder for its function of Qi transformation, there is not enough Qi to hold the urine, and frequency and incontinence result.
- Alternatively, Kidney-Qi may be so deficient that there is no strength to push the urine out and retention of urine ensues. This type of Kidney-Qi deficiency always occurs against a background of Kidney-Yang deficiency.

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- **The patterns discussed are:**
- Spleen-Qi deficiency
- Kidney-Qi deficiency
- injury to the Bladder
- Liver-Qi stagnation
- Bladder-Heat and Kidney-Yin deficiency
- Lung- and Spleen-Qi deficiency.

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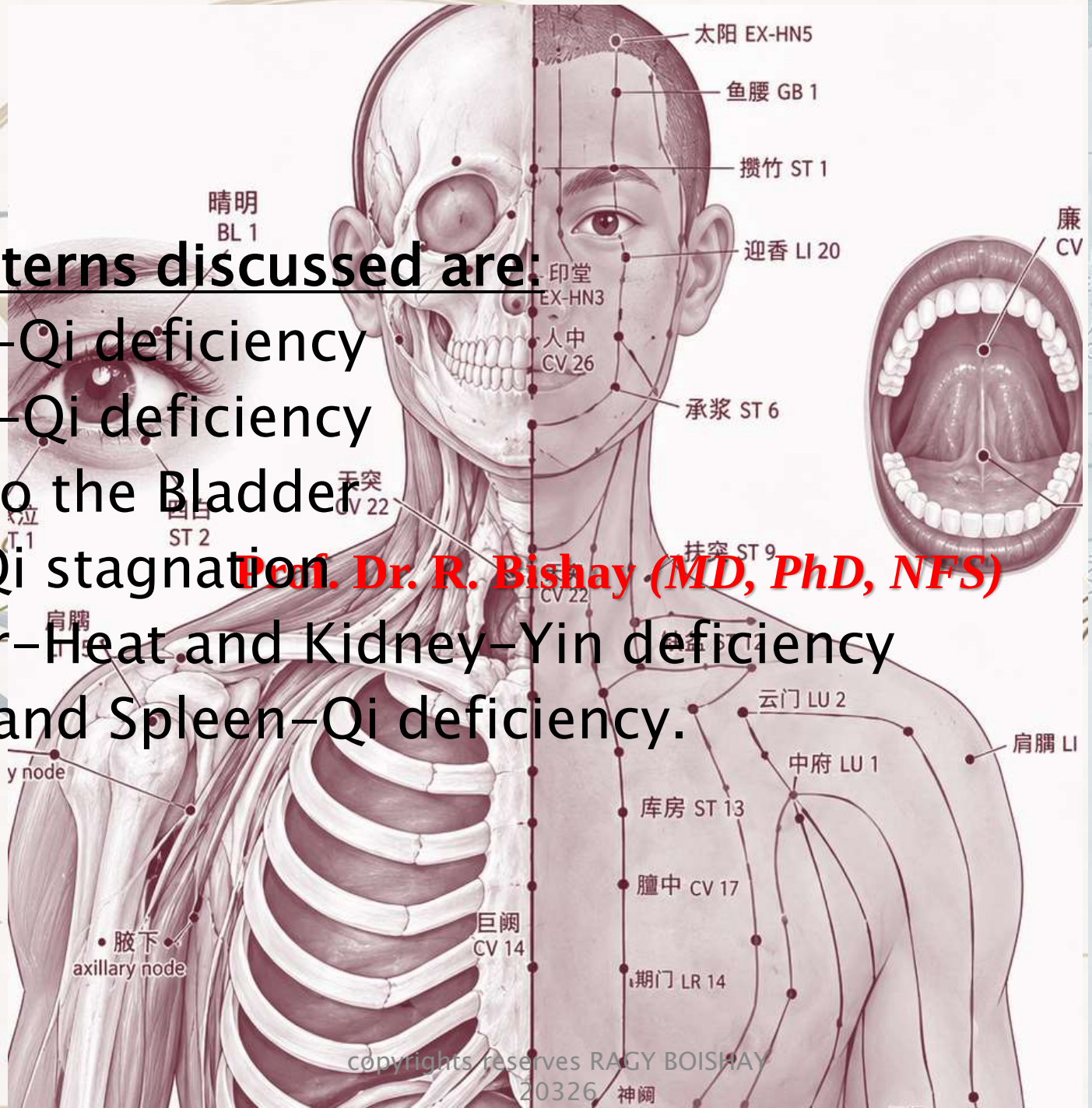

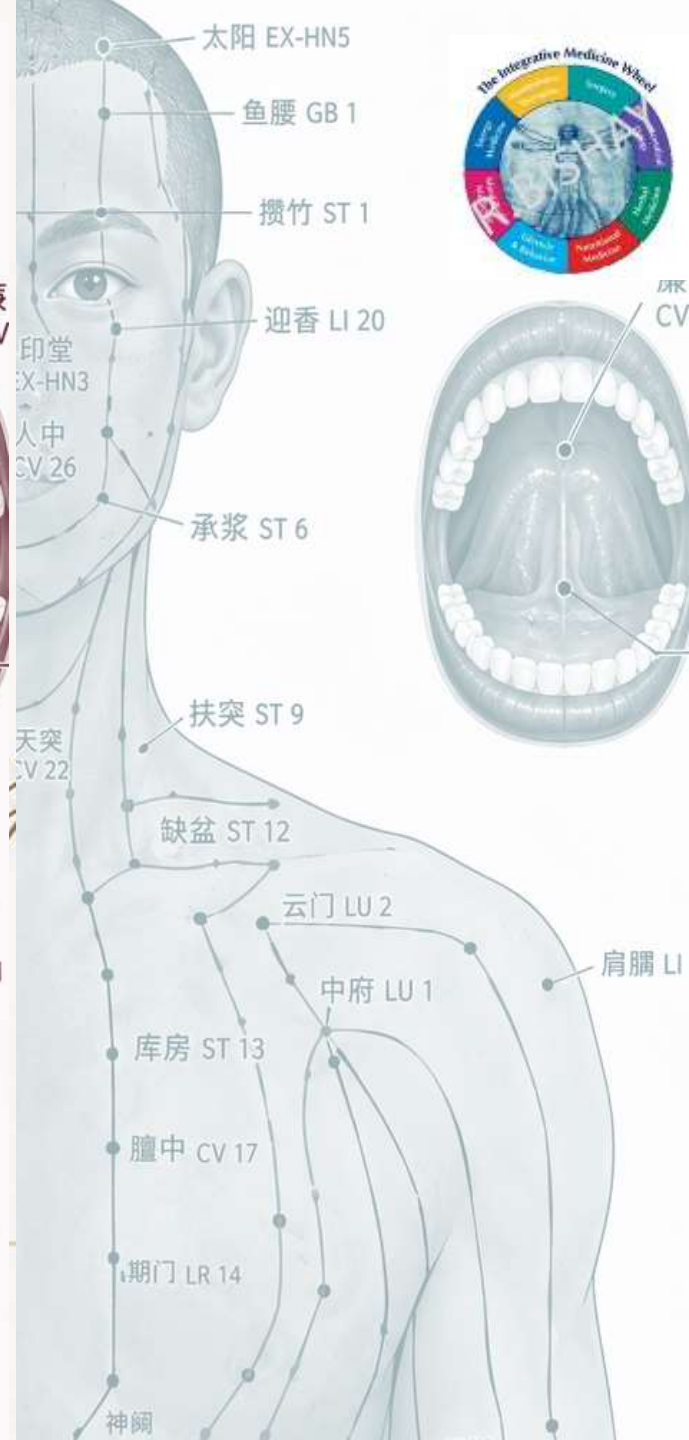

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Identification of patterns and treatment:

Spleen-Qi deficiency	
Clinical manifestations	**Acupuncture points:**
Slight retention of urine after childbirth, a feeling of fullness and distension in the hypogastrium, or frequency or incontinence of urine, tiredness, loose stools, poor appetite, pale complexion, sweating. Tongue: Pale. Pulse: Weak.	- Ren-12, ST-36, SP-6 and BL-20 tonify the Spleen. - Ren-6 tonifies Qi in general. - Ren-3 strengthens the Bladder and regulates urination. - BL-22 promotes the transformation and excretion of fluids in the Lower Burner. - BL-28 tonifies the Bladder. - Du-20 raises Qi and treats frequency or incontinence of urine.
Treatment principle	
Tonify Qi, Strengthen the Spleen.	

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Identification of patterns and treatment:

Kidney-Qi deficiency

Clinical manifestations	Acupuncture points:
Retention of urine after childbirth or frequency/incontinence of urine, a feeling of distension and fullness of the hypogastrium, pale complexion, backache, dizziness, tinnitus, feeling cold. Tongue: Pale and wet. Pulse: Deep, Slow, Weak.	- BL-23 and KI-7 tonify Kidney-Yang. - BL-28 and Ren-3, Back-Transporting and Front-Collecting points of the Bladder respectively, regulate the Bladder and urination. - BL-22 promotes the transformation and excretion of fluids in the Lower Burner. - Ren-4, with moxa cones, tonifies Kidney-Yang. - LU-7 and KI-6 regulate the Directing Vessel and the Bladder. - Du-20 raises Qi and regulates urination by promoting the ascending of clear Qi and descending of impure Qi. It is particularly effective for the urinary function in combination with LU-7 and KI-6. - Ren-8 is filled with sea salt first.
Treatment principle	
Strengthen Kidney-Qi, tonify Kidney-Yang.	

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Identification of patterns and treatment:

Injury to the Bladder	
Clinical manifestations	**Acupuncture points:**
Incontinence of urine after childbirth, often with blood in the urine. Tongue: normal. Pulse: Wiry on the left Rear position.	- BL-28 and Ren-3, Back-Transporting and Front-Collecting points of the Bladder respectively, tonify the Bladder. - BL-32 removes obstructions from the Bladder channel and promotes urination. - BL-63, Accumulation point of the Bladder, stops pain and treats acute syndromes. - BL-53 affects the Bladder. - LU-7 and KI-6 regulate the Directing Vessel and the Bladder. - Du-20, particularly in combination with LU-7 and KI-6, regulates Bladder-Qi and promotes the ascending of clear Qi and descending of impure Qi.
Treatment principle	
Tonify and firm Qi.	

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Identification of patterns and treatment:

Bladder-Heat and Kidney-Yin deficiency

Clinical manifestations	Acupuncture points:
Frequency of urination after childbirth, blood in urine, burning on urination, mental restlessness, feeling of heat, malar flush, dry lips, dry mouth with a desire to drink in small sips. Tongue: Red without coating with sticky, yellow coating on the root. Pulse: Fine, Rapid.	- LU-7 and KI-6 regulate the Directing Vessel and nourish Kidney-Yin. - Ren-3, Front-Collecting point of the Bladder, clears Bladder-Heat. - SP-9, BL-28, BL-32 and BL-53 clear Bladder Damp-Heat. - BL-63, Accumulation point, clears Heat and stop urinary pain. - BL-22 regulates the Water passages of the Lower Burner. - KI-2 clears Empty-Heat. - SP-10 cools Blood. - KI-3 and SP-6 nourish Kidney-Yin.
Treatment principle	
Nourish Yin, clear Empty-Heat, cool Blood.	

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Identification of patterns and treatment:

Lung- and Spleen-Qi deficiency

Clinical manifestations	Acupuncture points:
Urinary retention after childbirth, no abdominal distension or pain, dizziness, breathlessness, sweating, dislike of speaking, depression, tiredness, poor appetite, pale complexion. Tongue: Pale. Pulse: Weak.	- Du-20, LU-7, KI-6 and Ren-3 regulate the Directing Vessel and open the Water passages of the urinary system by harmonizing the ascending and descending of Qi in the Bladder. - BL-22 opens the Water passages in the Lower Burner. - BL-13 and BL-20 tonify the Lung- and Spleen-Qi.
Treatment principle	
Tonify Lung- and Spleen-Qi, open the Water passages.	

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5.3- Fever after Childbirth

- A slight temperature appears 1 or 2 days after childbirth and there are no other symptoms, it may not indicate any specific pathology.
- Simply a temporary imbalance between nutritive and Defensive Qi resulting from the strain of labor; this will not require treatment.
- A slight fever that appears 3 or 4 days after childbirth and in between breastfeeding sessions is not pathological, this will disappear after a few days.

Etiology and pathology:

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1-Invasion of external toxins:

After childbirth, the Upright Qi (Zheng Qi) is weakened (Zheng Qi (**Upright Qi**) A general term to describe the various forms of Qi that protect the body from exogenous pathogens. Usually only used when contrasting the strength of the body's Qi with the strength of the invading pathogen), the Nutritive (Ying) and Defensive (Wei) Qi are out of balance with each other and the mother is therefore prone to invasions of Exterior pathogenic factors which may cause a fever.

Internal factors such as deficiency of Blood or Yin may also cause a fever.

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2-External invasion of Wind-Heat

- After childbirth the body's Qi is weakened, the Nutritive and Defensive Qi are out of balance and the body is easily invaded by external Wind: the fight between the Upright Qi and the external Wind on the Exterior of the body causes a fever.

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3-Severe blood loss during labor:

- Severe blood loss during labor causes exhaustion of Blood and/or Yin, Yang floats upwards and causes a fever. fever is caused by the floating upwards of Yang and it is a sign of weakness.

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4-Surgery, emotional problems:

- Caesarian birth may cause stasis of Blood.
- Emotional problems before or after childbirth may cause stagnation of Qi which also leads to Blood stasis. If stagnant Blood generates Heat, this may cause a fever of internal origin.

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5-Retention of food:

- Eating too much after childbirth may therefore lead to retention of food: when food stagnates in the Stomach and Intestines, it gives rise to Heat and may cause a fever.

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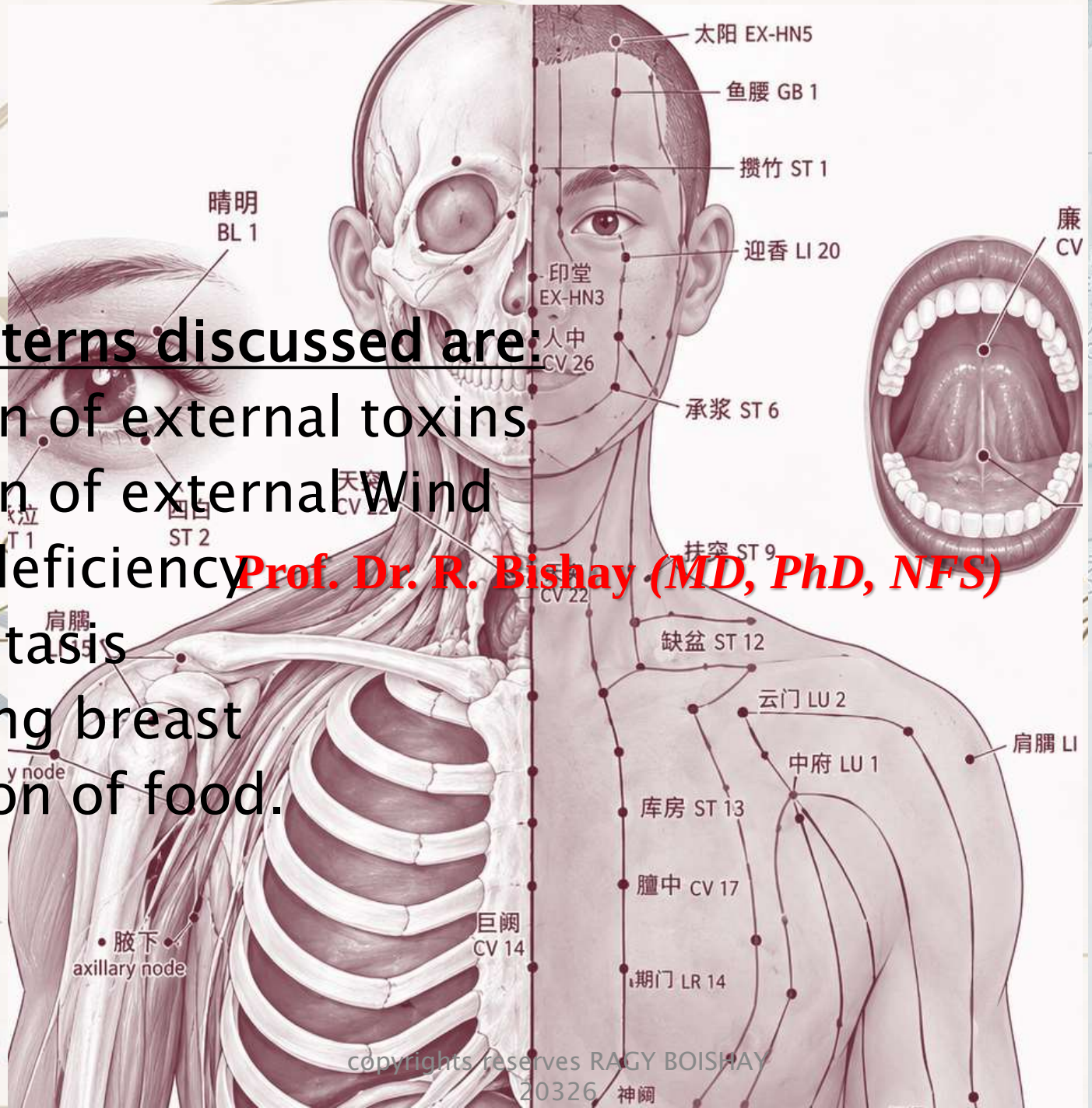
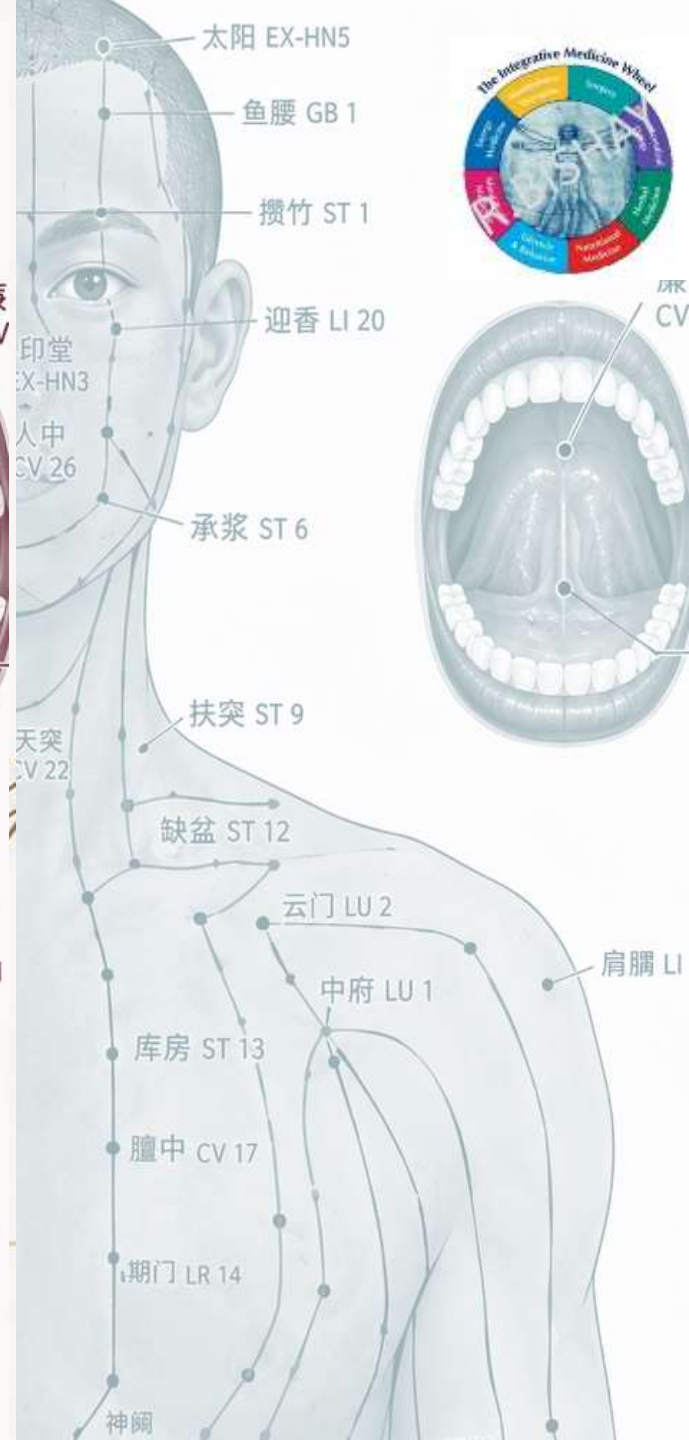
- **The patterns discussed are:**
- Invasion of external toxins
- invasion of external Wind
- Blood deficiency
- Blood stasis
- steaming breast
- retention of food.





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Identification of patterns and treatment:

Invasion of external toxins

Clinical manifestations	Acupuncture points:
High fever after childbirth, hypogastric pain which is worse with pressure, scanty lochial discharge that is dark purple and smelling like soya sauce, mental restlessness, agitation, thirst, in severe cases delirium or even convulsions, scanty, dark urine, constipation. Tongue: Red with Red points and a thick, sticky, yellow coating. Pulse: Slippery, Overflowing, Rapid.	- L.I.-11 clears Heat and resolves Toxin. - Pc-3 cools Blood. - KI-2 and LIV-3, in combination, cool Blood. LIV-3 also invigorates Blood. - SP-9 helps to resolve Toxin. - Du-14 clears Heat.
Treatment principle	
Clear Heat, drain Fire, resolve Toxin, cool Blood, invigorate Blood, eliminate stasis.	

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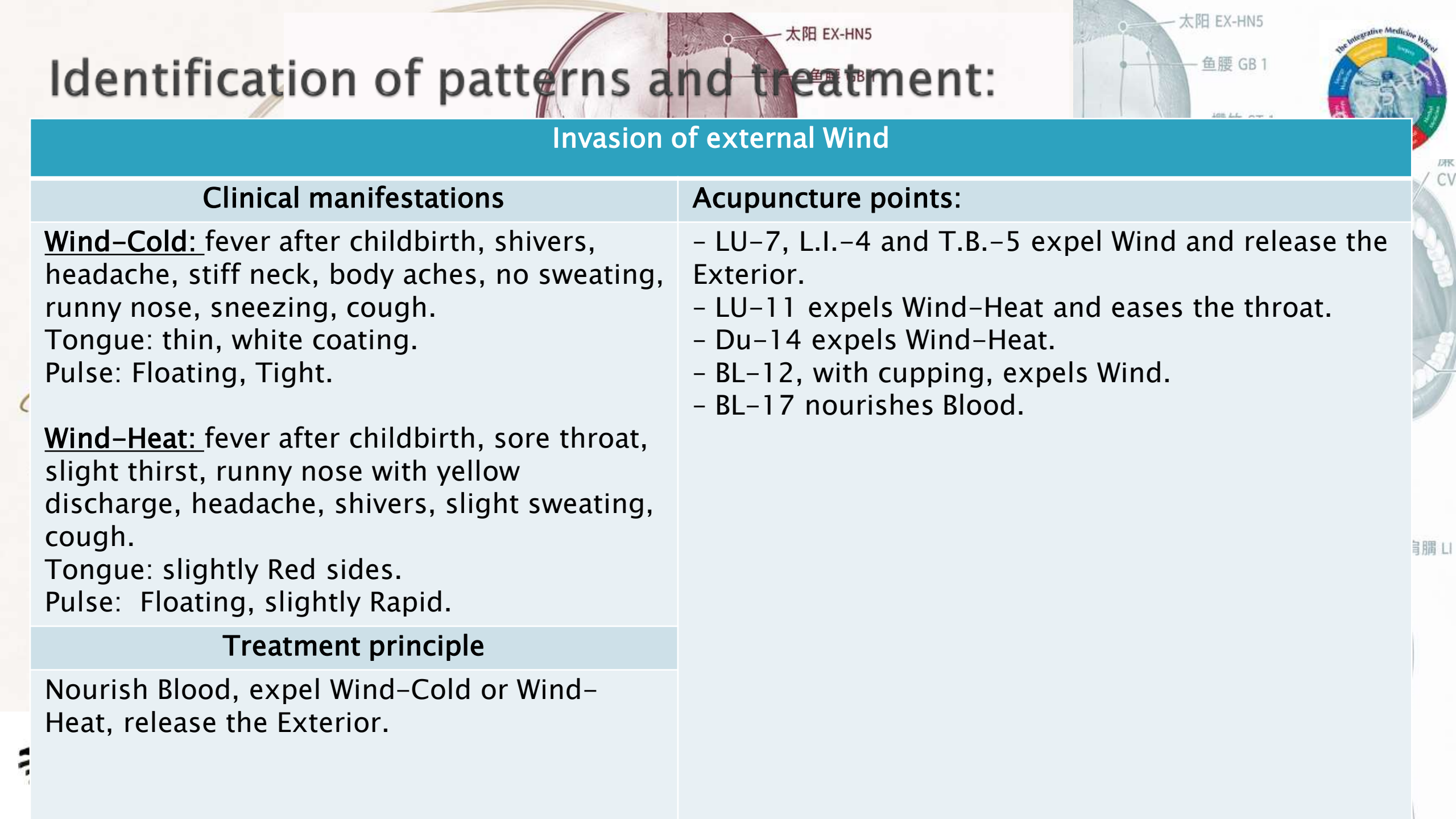
Identification of patterns and treatment:



Invasion of external Wind	
Clinical manifestations	**Acupuncture points:**
Wind-Cold: fever after childbirth, shivers, headache, stiff neck, body aches, no sweating, runny nose, sneezing, cough. Tongue: thin, white coating. Pulse: Floating, Tight. **Wind-Heat:** fever after childbirth, sore throat, slight thirst, runny nose with yellow discharge, headache, shivers, slight sweating, cough. Tongue: slightly Red sides. Pulse: Floating, slightly Rapid.	- LU-7, L.I.-4 and T.B.-5 expel Wind and release the Exterior. - LU-11 expels Wind-Heat and eases the throat. - Du-14 expels Wind-Heat. - BL-12, with cupping, expels Wind. - BL-17 nourishes Blood.
Treatment principle	
Nourish Blood, expel Wind-Cold or Wind-Heat, release the Exterior.	

Identification of patterns and treatment:

Blood deficiency	
Clinical manifestations	**Acupuncture points:**
Continuous low-grade fever after childbirth, sweating, blurred vision, dizziness, exhaustion, palpitations, insomnia, malar flush, tingling in the limbs. Tongue: Pale and Thin. Pulse: Choppy.	- Ren-12, ST-36 and SP-6 tonify Qi and Blood. - Ren-4 nourishes Blood. - LIV-8 nourishes Liver-Blood. - BL-17 tonifies Blood. - T.B.-5 subdues the floating Yang.
Treatment principle	
Tonify Qi, nourish Blood, subdue floating Yang.	

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Identification of patterns and treatment:

Blood stasis	
Clinical manifestations	**Acupuncture points:**
Fever after childbirth, feeling of heat, absence of lochial discharge or scanty, dark discharge with clots, lower abdominal pain which is worse with pressure, dry mouth with no desire to drink. Tongue: Reddish-Purple. Pulse: Wiry or Firm.	- SP-4 and P-6 regulate the Penetrating Vessel and invigorate Blood. - SP-10 and BL-17 invigorate Blood and eliminate stasis. - SP-6 invigorates Blood. - KI-14, a point of the Penetrating Vessel, invigorates Blood and treats abdominal pain. - ST-29 invigorates Blood and promotes the expulsion of lochia. - LIV-3 invigorates Blood. - L.I.-11 clears Heat and, in combination with SP-10, cools Blood.
Treatment principle	
Invigorate Blood, eliminate stasis, cool Blood.	

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Identification of patterns and treatment:

Steaming breast

Clinical manifestations	Acupuncture points:
Low-grade fever 2 or 3 days after childbirth, breast milk which does not flow freely or no milk at all, distension, hardness and pain in the breasts which feel lumpy. Tongue: sticky coating. Pulse: Wiry. **This pattern is due to stagnation of Qi and Damp-Heat affecting the breast and preventing a proper flow of milk.	- SP-4 and P-6 regulate the Penetrating Vessel and remove obstructions from the Connecting channels of the breasts. - BL-51 is the point that controls the exiting of the Triple Burner's Qi from the space between the kidneys on its way upwards and that removes obstructions from the Connecting channels over the breasts. - G.B.-41 drains Damp-Heat and affects the breasts. - T.B.-6 moves Qi and eliminates stagnation and affects the areas lateral to the breasts. - LIV-3 moves Qi and eliminates stagnation. - ST-18 is a local point for the breasts and promotes lactation. - S.I.-1 is an empirical point to promote lactation.
Treatment principle	
Move Qi, eliminate stagnation, remove obstructions from the Connecting channels, promote lactation.	

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5.4- Breast Milk not Flowing(& Acute Mastitis)

- This condition consists of scanty or absent breast milk after childbirth.
- May be due not to a deficiency of milk but to an obstruction or stagnation that prevents the flow of milk.

- **Etiology and pathology:**

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1-Severe blood loss during labor, long labor:

- Profuse blood loss during labor leads to deficiency of Blood: since Blood is the source of breast milk, deficient lactation results.
- A long and difficult labor leads to depletion of Qi and this may result in insufficient lactation when there is not enough Qi to express the breast milk.

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2-Emotional problems

- Emotional problems cause stagnation of Liver-Qi: the Liver influences the breast and controls the nipple, and stagnant Qi obstructs the Connecting channels of the breast so that the breast milk cannot flow.

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Can be clearly differentiated between deficiency and excess: breast milk may be deficient because its source, Blood, is deficient; or there may be enough milk but it does not flow properly due to stagnation of Qi in the breast.

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Identification of patterns and treatment:

Qi and Blood deficiency

Clinical manifestations	Acupuncture points:
Insufficient or absent lactation after childbirth, watery milk, no feeling of distension of the breasts, sallow complexion, dry skin, poor appetite, tiredness. Tongue: Pale. Pulse: Choppy.	- ST-36 and SP-6 tonify Qi and Blood. They are especially effective with warming needle. - LIV-8 nourishes Liver-Blood. - G.B.-41 removes obstructions from the breast Connecting channels. - ST-18 is a local point for the breast. - ST-12 influences the breasts and stimulates the descending of Stomach-Qi and the flow of milk. - Ren-4 nourishes Blood. - S.I.-1 is an empirical point for insufficient lactation. - BL-20 and BL-23 tonify Qi and Blood. - Ren-17 tonifies Qi in the chest which is necessary to express milk.
Treatment principle	
Tonify Qi and Blood primarily, secondarily, remove obstructions from the breast Connecting channels.	

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Identification of patterns and treatment:

Liver-Qi stagnation	
Clinical manifestations	**Acupuncture points:**
Absent or scanty lactation, distension, hardness and pain of breasts, hypochondrial distension, irritability, epigastric distension. Tongue: slightly Red on the sides. Pulse: Wiry.	- T.B.-6 moves Qi and affects the sides of the breasts. - G.B.-41 removes obstructions from the breast Connecting channels. - ST-18 is a local point for the breast. - SP-4 and P-6 subdue rebellious Qi in the Penetrating Vessel and pacify the Liver. The Penetrating Vessel flows over the breasts. - G.B.-34 and LIV-3 move Qi, eliminate stagnation and pacify the Liver. - Ren-17 moves Qi in the chest. - S.I.-1 is an empirical point to promote lactation. - T.B.-3 moves Qi and removes obstructions from the Upper Burner. - BL-51 moves Qi of the Triple Burner in the breast region and removes obstructions from the breast channels. - LU-9 is recommended for 'jealous breast' (also called 'grudging milk', with pain in the breast and insufficient milk) - G.B.-21 moves Liver-Qi, makes Qi descend and affects the breasts.
Treatment principle	
Pacify the Liver, eliminate stagnation, move Qi, remove obstructions from the breast Connecting channels, promote lactation.	

5.5- Collapse after Childbirth

- Severe dizziness with a sudden onset.
- Cannot stand or sit, she has blurred vision and a feeling of tightness of the chest, she suffers nausea and vomiting and, in extreme cases, may faint.

- **Etiology and pathology:**

1-Severe blood loss during childbirth:

- The Heart governs Blood and houses the Mind, a severe exhaustion of Blood will deprive the Mind of its residence and this causes the sudden dizziness and fainting.

2-Exposure to cold during childbirth:

- Exposure to cold during childbirth may lead to stasis of Blood after delivery. Stagnant Blood, taking advantage of exhaustion of Qi caused by childbirth, rises and harasses the Mind causing sudden dizziness and a feeling of tightness of the chest.

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Pathology:

- There are two main conditions:

1-Deficiency of Qi: profuse discharge of lochia and is called 'Flaccid Syndrome'.

2-Stasis of Blood: retention of lochia and is called 'Tense Syndrome'.

The distinction between Flaccid and Tense Syndromes is somewhat similar to that for Windstroke; they are differentiated on the basis of symptoms, pulse, tongue and uterine bleeding.

In the *Flaccid Syndrome, the situation is of collapse of Qi, with profuse discharge of* lochia, pale complexion, palpitations, mental confusion, fainting, closed eyes, open mouth, cold limbs, and Deep and Fine pulse.

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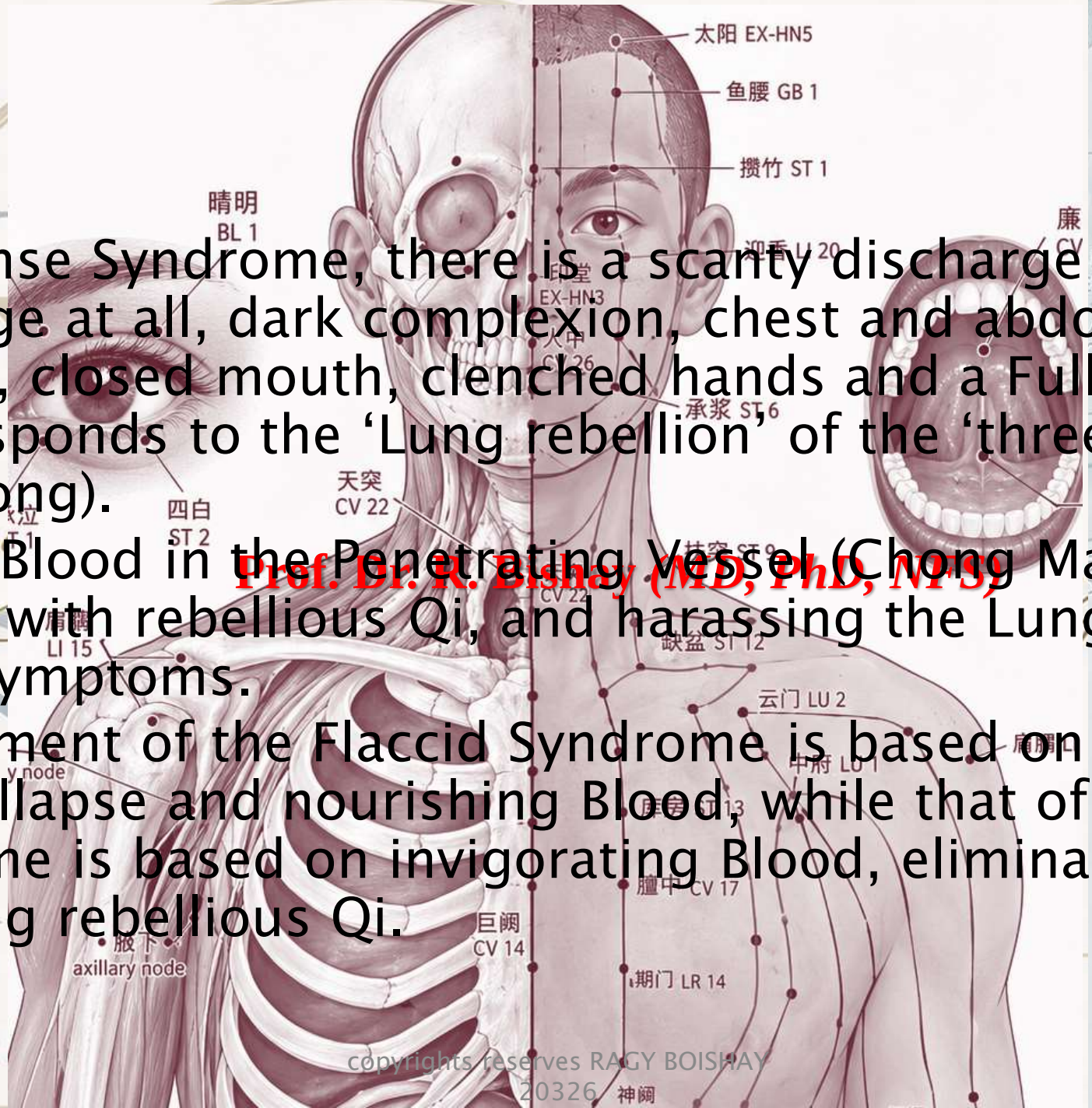

In the Tense Syndrome, there is a scanty discharge of lochia or no discharge at all, dark complexion, chest and abdominal pain, fainting, closed mouth, clenched hands and a Full, Rapid pulse. It corresponds to the 'Lung rebellion' of the 'three rebellions' (san chong).

Stagnant Blood in the Penetrating Vessel (Chong Mai) rising upward with rebellious Qi, and harassing the Lungs, causing the above symptoms.

The treatment of the Flaccid Syndrome is based on rescuing Qi from collapse and nourishing Blood, while that of the Tense Syndrome is based on invigorating Blood, eliminating stasis and subduing rebellious Qi.

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Identification of patterns and treatment:

Collapse of Qi with deficiency of Blood: Flaccid Syndrome

Clinical manifestations	Acupuncture points:
Profuse bleeding after childbirth, sudden vertigo, pale, white complexion, palpitations, fainting, cold limbs, sweating. Tongue: Pale, Short. Pulse: Fine, Scattered.	- Ren-4, Ren-6 and Ren-8 with moxa cones (on salt in the case of Ren-8) rescue Qi and Yang from collapse. - Du-26 promotes resuscitation. - ST-36 and SP-6, with warm needle, tonify Qi and Blood. - Du-4 and BL-23 rescue Yang from collapse. These two are used if the symptoms of collapse of Yang are pronounced (such as cold limbs).
Treatment principle	
Rescue Qi, nourish Blood.	

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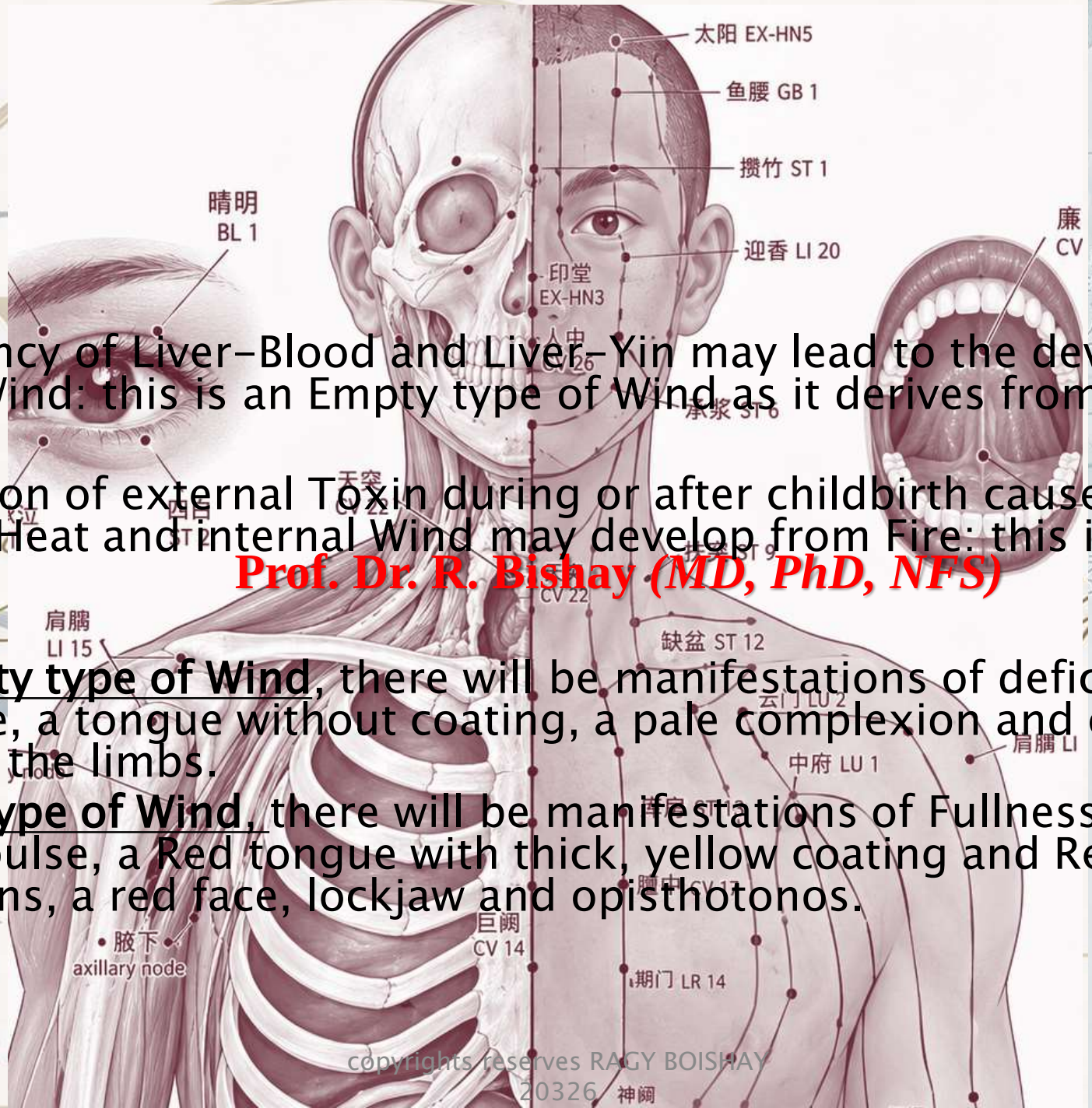
Identification of patterns and treatment:

Blood stasis: Tense Syndrome

Clinical manifestations	Acupuncture points:
Retention of lochia or scanty lochia after childbirth, abdominal pain that is worse with pressure, a feeling of fullness under the heart, chest pain, cough, fainting, mouth closed, dark complexion. Tongue: Purple. Pulse: Wiry. This pattern is due to rebellious Qi within the Penetrating Vessel (*Chong Mai): since this* vessel is also the Sea of Blood, stagnant Blood rebels upwards with Qi harassing the Heart, to which this vessel flows, and the Lungs. As the Heart houses the Mind and governs Blood, stagnant Blood clouds the Mind's orifices and causes fainting.	- SP-4 and P-6 pacify the Penetrating Vessel, subdue rebellious Qi and invigorate Blood. - SP-10, SP-6 and BL-17 invigorate Blood and eliminate stasis. - KI-14, a point of the Penetrating Vessel, moves Qi and invigorates Blood in the lower abdomen. - Ren-14 invigorates Heart-Blood and restores consciousness. - Du-26 promotes resuscitation.
Treatment principle	
Invigorate Blood, eliminate stasis, pacify the Penetrating Vessel, subdue rebellious Qi.	



Pathology:

1-A deficiency of Liver-Blood and Liver-Yin may lead to the development of internal Wind: this is an Empty type of Wind as it derives from a deficiency.

2-An invasion of external Toxin during or after childbirth causes the development of Toxic-Heat and internal Wind may develop from Fire: this is a Full type of Wind.

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In the Empty type of Wind, there will be manifestations of deficiency such as a Fine pulse, a tongue without coating, a pale complexion and only a slight tremor of the limbs.

In the Full type of Wind, there will be manifestations of Fullness such as a Wiry and Full pulse, a Red tongue with thick, yellow coating and Red points, severe convulsions, a red face, lockjaw and opisthotonos.

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Identification of patterns and treatment:

Blood and Yin deficiency with Empty-Wind

Clinical manifestations	Acupuncture points:
Profuse loss of blood during childbirth, tremor of limbs, rigidity of spine, pale complexion or malar flush. Tongue: without coating. Pulse: Choppy or Floating-Empty and slightly Wiry on the left.	- LIV-8, BL-18, KI-3, SP-6 and Ren-4 nourish Liver-Blood and Liver-Yin. - LIV-3 extinguishes Liver-Wind. - Du-16 and G.B.-20 extinguish Wind. - S.I.-3 and BL-62 regulate the Governing Vessel and extinguish internal Wind. They also treat the spine and will relieve rigidity of the spine. - Du-8 relaxes the sinews and relieves rigidity of the spine.
Treatment principle	
Nourish Blood and Yin, strengthen the Liver, extinguish Wind.	

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Identification of patterns and treatment:

Exterior invasion of Toxin	
Clinical manifestations	**Acupuncture points:**
Shivering and fever soon after childbirth, headache, stiff neck, rigidity of spine, lockjaw, convulsions, opisthotonos in severe cases. Tongue: Red with thick, sticky, yellow coating. Pulse: Wiry, Full.	- L.I.-11 clears Heat, cools Blood and resolves Toxin. - SP-10 invigorates Blood and, in conjunction with L.I.-11, cools Blood. - LIV-3 extinguishes Liver-Wind. - LIV-2 drains Liver-Fire. - Du-16 and G.B.-20 extinguish Wind. - Du-8 relaxes the sinews and relieves rigidity of the spine. - Du-14 clears Heat and extinguishes Wind. - SP-9 helps to clear Heat and resolve Toxin.
Treatment principle	
Resolve Toxin, drain Fire, extinguish Wind, invigorate Blood.	

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LOCHIA

WHAT'S NORMAL & WHAT'S NOT

LOCHIA RUBRA BIRTH TO DAY 4	LOCHIA SEROSA DAY 4 TO DAY 10	LOCHIA ALBA UP TO 6 WEEKS
BRIGHT RED HEAVY FLOW BLOOD SMALL/MEDIUM CLOTS	PINKISH BROWN LESS BLOOD MORE DISCHARGE FEWER CLOTS	YELLOW/WHITE LITTLE BLOOD SOME DISCHARGE NO CLOTS

RED FLAGS

- YOUR BLEEDING SLOWS/STOPS AND THEN STARTS AGAIN
- SOAKING THROUGH A PAD IN 1 HOUR OR LESS
- PASSING CLOTS BIGGER THAN A GOLF BALL
- HAVE A FEVER OR FLU-LIKE SYMPTOMS
- ABDOMINAL PAIN THAT IS MORE THAN USUAL AFTERPAIN CRAMPS

SLOW DOWN AND CALL YOUR CAREGIVER

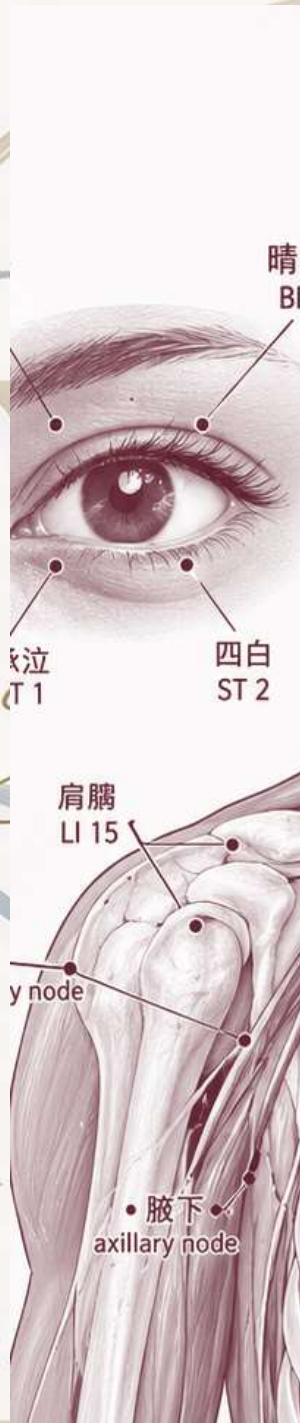
WHY DO YOU BLEED AFTER BIRTH?

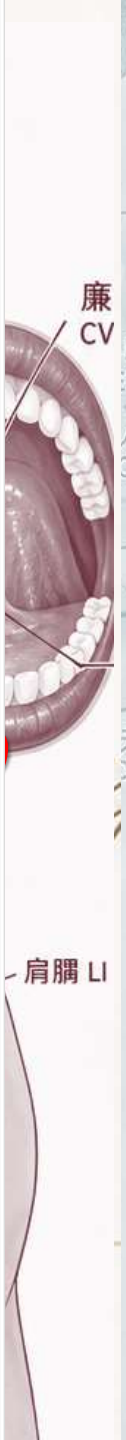
- HEALING OF THE PLACENTA SITE IN THE UTERUS
- RELEASING EXTRA FLUIDS, BLOOD AND UTERINE LINING FROM PREGNANCY

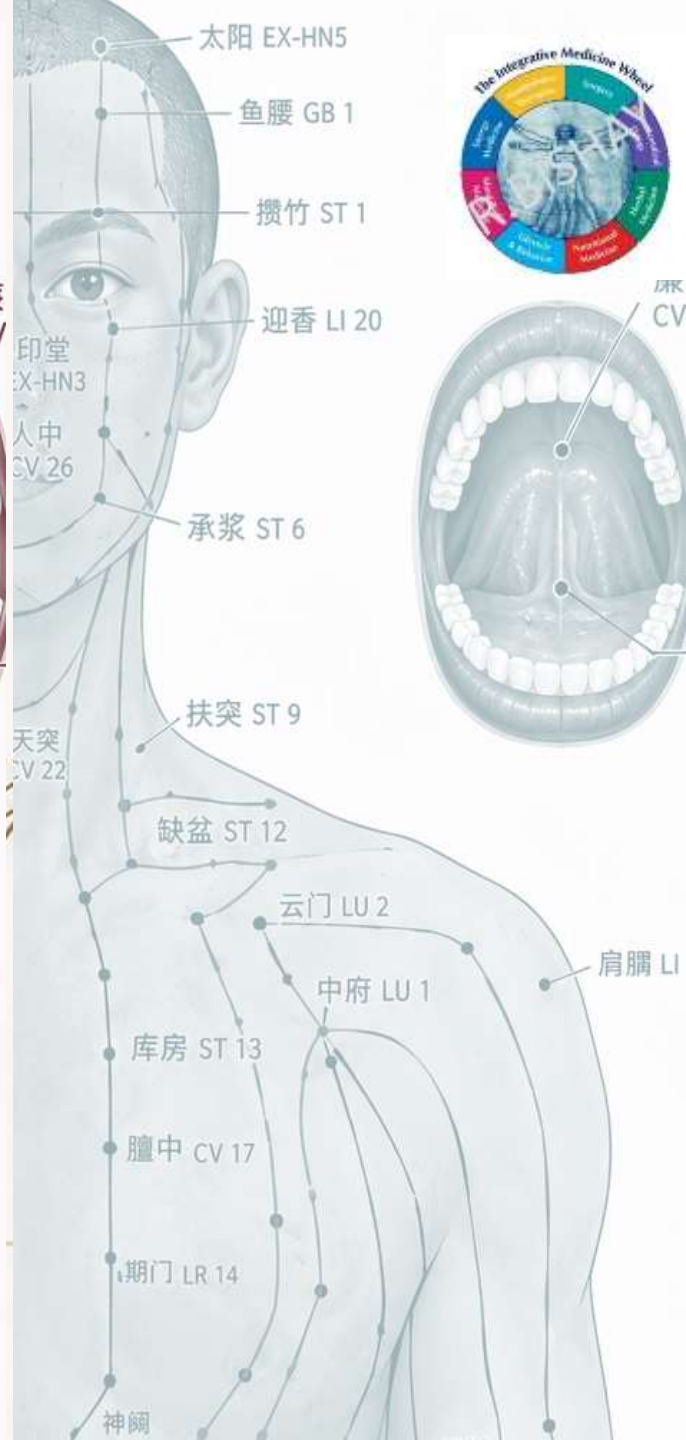
SELF CARE

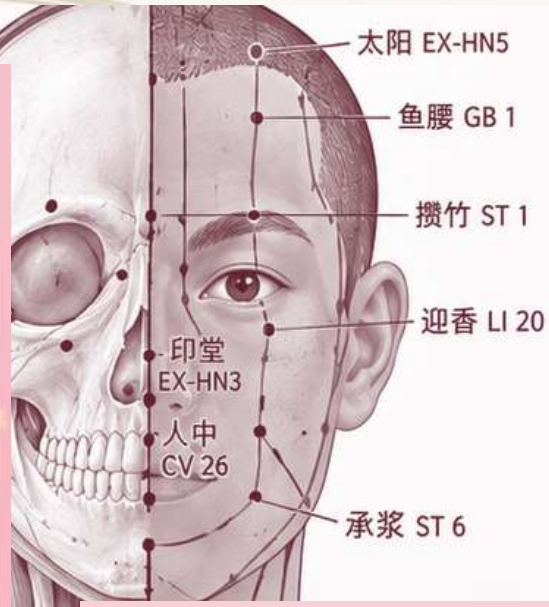
- COTTON PANTIES
- PERI-BOTTLE
- HERBAL SITZ BATH
- COOL COMPRESSES
- WITCHHAZEL
- LARGE PADS

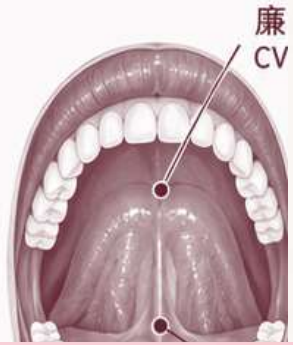
elite doula group

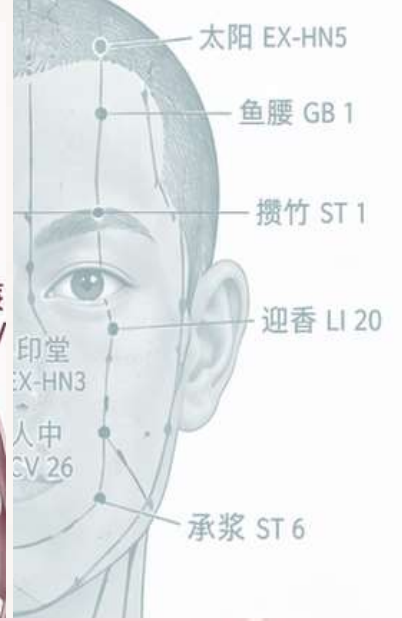


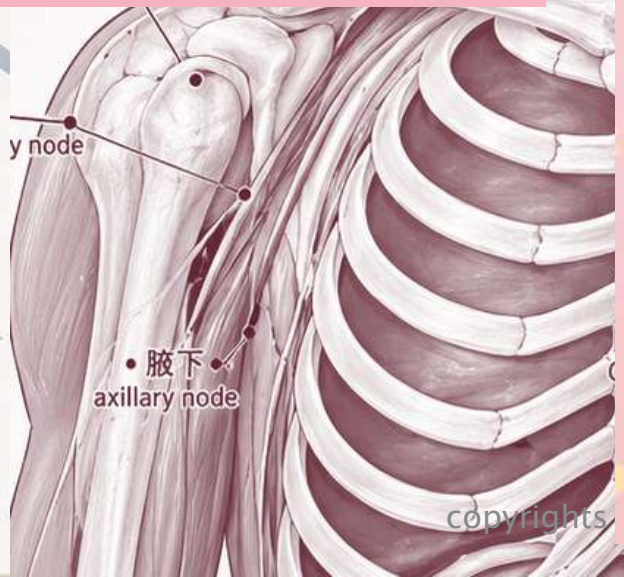












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