

The author used the method of acupuncture point-through-point of back. This method has the advantages of less point choosing, less pain and more sensations. Acupuncture several points with only one needle enlarges the stimulating amount, and makes it easier to extend the transmit of the sensations, speedup the circulation of the Qi of channels and sends the Qi to where the disease stays. The Qi will relax the muscles and activate the collaterals, ease conglutination and diminish inflammation to remove the pain. In addition, the soft-and-tense waves in electro-acupuncture can reduce the stress function of the nerves and that will cause a more significant effect on inducing analgesia and antispasm.

The therapeutic effect of this method is satisfied, however, because the disease is caused by chronic strain, the rate to recurrence is very high. Scientific health protection and proper nursing is the key to ensure the therapeutic effect. Keep warming up, keep a good working posture and avoid from keeping the same posture for a long time are also advised.

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Clinical empirical summary of Professor CONG Hui-fang's diagnosis and treatment of dysmenorrhea from heart

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Abstracts: In the course of the clinical treatment of dysmenorrhea, mentor, Professor Cong Huifang found on the basis of diagnosis and treatment, from the "heart" to the theory of governance, and achieved good results, this paper mainly tutor from the heart of governance dysmenorrhea clinical experience summary.

Keywords: From the heart of governance dysmenorrheal clinical experience

Dysmenorrhea is a medical condition of pain during menstruation that interferes with daily activities, Still, dysmenorrhea is often defined simply as menstrual pain, or at least menstrual pain that is excessive. Dysmenorrhea can feature different kinds of pain, including sharp, throbbing, dull, nauseating, burning, or shooting pain. Dysmenorrhea can be divided into primary and secondary with more than 90% of dysmenorrhea without organic lesion, and secondary dysmenorrhea meaning organic lesion in pelvic cavity. Chinese medicine thinks that uterus and Chong-Ren meridian, and the mechanism being stagnation leading to pain. "Jingyuequanshu" of Ming Dynasty says that deficiency and excess make dysmenorrhea different. Excess often due to the stagnation of cold, blood, qi or heat; while deficiency often due to blood or qi insufficiency. The main treatment is to regular qi and blood of Chongg-ren meridian basing on the theory of syndrome differentiation and treatment.

Instructor Cong Huifang professor through years of clinical observations occurrence of this disease and heart are closely related, so the clinical treatment of dysmenorrhea, in dialectical theory of governance based on the attention from the heart of governance, and thus achieved good results, the following will explore from Treating heart dysmenorrhea what theoretical basis.

1 A relationship between the heart and dysmenorrhea.

1.1 Zhu itching sores, all belong to the heart

"Q • to the larger theory" goes: "all itching sores, all belong to the heart." Combined "via" original grammatical structure characteristics, "Zhu itching sore", where three disease should be parallel relationship. This is a lot of physicians have recognized, such as pain, itching, sores as three separate syndromes, causes, manifestations are different, but its pathogenesis are related to heart related [2]. In this paper we only pain and discusses the relationship between the heart, since the three disease is a parallel relationship, then you can conclude that - all kinds of pain syndrome and heart are closely related. Dysmenorrhea is a pain syndrome, the pathogenesis of dysmenorrhea and mind are closely related.

1.2 Heart blood

Heart blood, meaning heart qi to promote and regulate the blood in the veins running, stream the whole body, to play the role of nutrition and moisture. Heart blood, including the heart and blood midrib two main aspects. Heart blood gas embodied mind and heart can promote blood circulation and blood; heart reflected in the main vein veins Road Tom Lee, blood flow [3]. Adequate heart qi, blood patency is a manifestation of normal heart function. If the function of heart blood disorders, heart qi deficiency, inability to promote blood circulation, or blood stasis, can cause the uterus blood runs sluggish, the "no pain"; blood barrier, the blood does not run into the camp uterus, or lack of effort, not Ruyang uterus, the uterus can be caused by loss of the Ru Yang, a "no prosperity is hurt." Therefore, the main blood vessels of the heart malfunction can occur dysmenorrhea.

1.3 Heart possession of God

Heart possession of God, also known as the main deity or master mind, refers to the heart commander body organs, meridians, body, officer awakened the physiological activities and the main department consciousness, thinking, emotional role and other spiritual activities [3]. As the "Q • Ling Lan secret code," said: "Heart who is also the monarch of the officer, the gods out of Yan." Pain is a complex physiological and psychological activity, it's happening or not by the mind and severity of the impact. If the mind is abnormal, followed be pain sensitivity and tolerance of difference. For example, a patient approaching menstruation dysmenorrhea, she is very worried that they will appear again dysmenorrhea, did not wait to menstruation, it produced a psychological suggestion, so she again dysmenorrhea is very likely, but the degree of dysmenorrhea often affected by the patient's own mind influence, too much worry will increase abdominal pain. Therefore, "Lingshu • The God", said: "So who said that any matter of the heart, the heart has been recalled that the meaning."

1.4 Cellular clock by a heart

"Q fever • Review of" cloud: "cellular clock building, are the heart and the network in the cell," Visible Heart uterus. "Q • bone doctrinaire" says: "Du, their lower abdomen straight person, and through the navel center, the penetration heart, choking," Du underway in the uterus, showing heart and uterus and through the Du closely. Uterus was shining heart yang without cold, too dry without irrigation efforts. Heart dysfunction, heart yang deficiency, can not keep warm uterus; lack of effort, can not nourish the uterus; blood runs sluggish, the blood can not lie in the uterus smooth, can lead to the occurrence of dysmenorrhea.

1.5 in the heart of the sun as the sun

"Coffin • Department of yin and yang, sun and the moon," says: "The heart is the yang of the sun", if the heart yang appetite, body aches and then lost in the temperature dependent, Yang born inside cold, cool abdomen appears, the line of abdominal pain. Ferrite Yang person or acquired outdated cold cold or feel the cold pathogen, can cause cold off any red with blood Competing, because of "the blood is too hot line, too cold then Ning", a Hanning Blood. Premenstrual, menstrual blood bet Chong and Ren, blood cell pulse more Yongzhi, "not General pass," it caused by the line of abdominal pain [4]. Because "the heart of the sun in the sun" and "heart is a fire," appropriately with warm macaroni yang of the goods, allows unobstructed blood, the uterus is not cold, and thus relieve dysmenorrhea.

2 Herbal Prescription Clinical Features

Dialectic should be according to cold and heat and menstrual cycle flexible medication, if qi stagnation with gas line drugs, such as aggregata, woody, sweet; if you use blood stasis drugs, such as Achyranthes, Zeeland, Corydalis, five spirits fat, Puhuang; if you use warm inside Hanning drugs, such as fennel, leaves, roasted ginger, ginger, cinnamon. Based on the above, tutors focus from the heart of governance, with the city of sedative drugs, such as Ur, amber, keel, oysters, if the patient accompanied by nausea, vomiting, then use calcined keel, calcined oyster, whichever is astringent. Also if the kidneys do not pay, have sleep problems, then added with berberine, gelatin, Polygala, etc.; if heart Huo, red tongue, yellow urine, then the addition of bamboo, lotus, berberine. Blood in use to relieve menstrual cramps to spasm and pain.

3 Typical cases

Sohn, female, 20 years old, student, unmarried, 25 November 2012 visit. Last menstrual period: November 24, 2012. Chief Complaint: The line of abdominal pain for seven years. History of present illness: The patient 13 years after menarche, starting from menarche through the line during the first 1 to 2 days of abdominal pain more drama, with lumbosacral pain, thermophilic hi, accompanied by nausea, vomiting, with diarrhea. Premenstrual migraine headaches, irritability, breast tenderness, pink tongue, thin white fur, pulse string. Prescription as follows: Achyranthes 15g, Zeeland 15g, fennel 10g, leaves 15g, roasted ginger 10g, Corydalis 15g, Wulingzhi 15g, white peony root 20g, calcined keel 30g, calcined oyster 30g, Blood 1g, Cyperus 15g, Ukraine drug 10g, Eucommia 15g, Morinda 15g. Abdominal pain after taking a short half-dose relieve the suffering patient to continue treatment after 4 dysmenorrhea reported more than a month.

4 Summary

This article highlights Professor Cong Huifang from the heart of governance dysmenorrhea clinical experience, and its Clinical Herbal Prescription on a brief summary, tutors inherited traditional Chinese medicine theory and the theory of governance dysmenorrhea explore new ideas, new ways to the treatment of this disease brings better results.

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Effect of tanshinone IIA in the role of cell adhesion endometrium of endometriosis in vitro

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Abstract. Purpose: The endometriosis sickness is one of Chinese medicine gynecology department difficult sickness. The mechanism of its development is not clear and no satisfactory treatment has been found currently. Currently most Chinese scholars think that blood stasis block is the main cause of the disease, for activating blood circulation and eliminating stasis its basic treatment method. Modern research proves endometrial can be grown in other cities, required to pass through "Attachment-Aggression-Angiogenesis" three pathological process, the mechanism of the molecular level research suggests, blocking one of the three, can affect uterus the formation and