

## Case Histories - Pre-Menstrual Syndrome (3)

A 35-year-old woman suffered from Pre-Menstrual Syndrome, complaining of breast distension, irritability and depression. She also suffered from severe abdominal distension and, on a mental level, she lacked confidence and a sense of direction in life, could not concentrate, found it difficult to take decisions, and feared change. She also complained of poor memory, insomnia, blurred vision, dizziness, and numbness of feet. Her tongue was Pale on the sides and the pulse was Fine and slightly Wiry on the left side and Choppy on the right.

### Diagnosis

This is a clear case of stagnation of Liver-Qi which is secondary to Liver-Blood deficiency. She had many symptoms of Liver-Blood deficiency: poor memory and concentration, blurred vision, insomnia, dizziness, numbness, Pale tongue, and Fine and Choppy pulse. Also on a mental level, many of her problems were due to deficient Liver-Blood not rooting the Ethereal Soul: lack of confidence, lack of a sense of direction in life, fear of change, depression. Fear was a marked aspect of her mental make-up, and it should be remembered here that this emotion is not always due to the Kidneys but can also be related to a Liver-Blood deficiency. The pre-menstrual symptoms were characteristic of Liver-Qi stagnation.

### Treatment principle

The treatment principle adopted was to nourish Liver-Blood, root the Ethereal Soul and move Liver-Qi. She was treated with acupuncture and patent remedies.

### Acupuncture

The acupuncture points were selected from the following:-

P-6 Neiguan, on the right, to regulate the Liver, calm the Mind and settle the Ethereal Soul.-

LIV-3 Taichong, on the left, to pacify the Liver, eliminate stagnation, and settle the Ethereal Soul.-

ST-36 Zusanli, SP-6 Sanyinjiao, LIV-8 Ququan (all bilateral) and Ren-4 Guanyuan to nourish Liver-Blood.-

Du-20 Baihui to clear the brain and lift mood.

### Herbal treatment

The patent remedy used was the Women's Treasure's Freeing the Moon.

This patient made a complete recovery in 9 months and felt much better mentally. In particular, it was interesting to note that she acquired a sense of direction in her life, by taking a new training course.