

Clinical Treatment of Late Menstruation in Chinese Medicine Research Progress

Jiang Meng^{1,a}, Liu Li^{1,b,*}

¹*Shaanxi University of Chinese Medicine, Xiayang 712046, Shaanxi, China*

^a*18510418966@qq.com*, ^b*cj.doctor@163.com*

**corresponding author*

Keywords: Late Menstruation, Chinese Medicine Treatment, Evidence-Based Treatment

Abstract: Late menstrual disease is a condition in which menstruation is delayed for more than 7 days and occurs in two consecutive cycles, and in severe cases, menstruation is even delayed for 3 to 5 months. It is a very common physiological condition among contemporary women, and its incidence has been increasing in recent years due to the increased pressure of life and the irregular rhythm of life. It has a great impact on women's reproduction. We searched the relevant entries through China Knowledge Network and collected relevant literature on the treatment of late menstruation, and initially summarized the TCM classification of late menstruation for diagnosis and treatment, which can be divided into kidney-yang deficiency, kidney-deficiency-liver-depression, liver-kidney-yin deficiency, spleen-kidney deficiency, qi-blood deficiency, and kidney-deficiency-phlegm-stasis, and several commonly used representative prescriptions are proposed for these types of evidence to discuss. We also introduce other external treatments such as acupuncture, moxibustion, ear acupuncture, buried thread and other external treatments. We conclude that TCM is unique and effective in regulating menstruation and improving health, and that it is safe and effective in treating late menstruation.

1. Introduction

It is the most common clinical gynecological disease includes late menstruation. The development of society along with the acceleration of the pace of life, women's health loses strong protection, the body and mind do not get relaxed, and the body and mind are overloaded with high intensity, which leads to an increasing number of patients with irregular menstruation. Patients can also experience abdominal pain, dizziness, weakness and various obvious discomfort before and during menstruation. Some women experience persistent and unpredictable early or late menstruation, and in severe cases, menstrual pain, and vomiting and diarrhea, which can lead to other more widespread problems such as difficulty in conception. Late menstruation can be caused by a variety of factors, and because TCM is so effective and trusted to best treat the root cause, menstrual irregularities will be a top priority for TCM research. Based on the holistic concept of TCM, thus recognizing the evidence and treating it further by typing, and then using some TCM special therapies, unique efficacy often occurs in practice, which can improve patients' condition faster and help them recover.

2. Identification and Treatment

2.1. Kidney Yang Deficiency Type

Zhai Malai [1] concluded that the combination of Gynecological Reclamation Capsules with Wen Cuo Tang was effective in treating the late menstrual period with kidney yang deficiency, consisting of 15 g of Du Zhong, 15 g of Huai Shan Yao, 10 g of Bupleurum, 15 g of Konjac, 3 g of Yu Gui, 15 g of Fructus Lycii, 15 g of Radix Angelicae Sinensis, 10 g of Huang Shen, 15 g of Wu Gen Cao, 15 g of Chicken Intestine Wind, 10 g of Gorgonian, and 10 g of Radix et Rhizoma. Three times a day, starting on the 5th day after menstruation, for 3 consecutive menstrual cycles, compared with the control group using gynecological rejuvenation capsule alone, menstruation can come on time, with an efficiency of 66.67%.

Chen Yan [2] concluded that warming the menstrual blood regulating soup is effective in treating the late menstrual period of deficiency cold type, this formula contains tonicity in dispersal, and does not harm yin, tonifies the flushing and makes the menstruation come as scheduled, the composition of the formula: Chai Hu 15g, Shu Di 10g, Wu Wei Zi 15g, Cinnamon 5g, Bai Zhu 15g, Bai Shao 15g, Chuan Xiong 10g, and Seoran 15g, twice a day, four weeks as a cycle, the control group used Ai Shen Nuan Gong Wan, twice a day, stopping at the menstrual period, for three cycles. The control group used Aegypti Nuan Gong Pill twice a day and stopped using it during menstruation, and took it for three menstrual cycles to normalize the menstrual cycle in patients with deficiency cold type (Table 1).

Table 1: Kidney yang deficiency type

| Dialectical treatment | Experimenter | Grouping | Use of prescriptions and medicines | Take the law | Periodicity | Therapeutic effect |
|------------------------|--------------|--------------------|--|---|---|---|
| Kidney Yang Deficiency | Zhai Apple | Experimental group | Adding warm cell soup combined with gynecological rejuvenation capsule | Three times a day, starting on the 5th day after menstruation | Take for 3 consecutive menstrual cycles | The experimental group had better efficacy up to 66.67% |
| | | Control group | Gynecological Reconstruction Capsules | | | |
| | Chen Yan | Experimental group | Warming the Menstruation and Regulating Blood Soup | Twice daily, stop using during menstruation | Take three consecutive menstrual cycles | 90.63% |
| | | Control group | Aeolian Nuan Gong Pill | | | 71.88% |
| Dialectical treatment | Experimenter | Grouping | Use of prescriptions and medicines | Take the law | Periodicity | Therapeutic effect |
| Kidney Yang Deficiency | Zhai Apple | Experimental group | Adding warm cell soup combined with gynecological rejuvenation capsule | Three times a day, starting on the 5th day after menstruation | Take for 3 consecutive menstrual cycles | The experimental group had better efficacy up to 66.67% |
| | | Control group | Gynecological Reconstruction Capsules | | | |
| | Chen Yan | Experimental group | Warming the Menstruation and Regulating Blood Soup | Twice daily, stop using during menstruation | Take three consecutive menstrual cycles | 90.63% |
| | | Control group | Aeolian Nuan Gong Pill | | | 71.88% |

2.2. Kidney Deficiency and Liver Depression Type

According to Liu Linlin [3], the self-prepared formula Yingzhi Drink is effective in the treatment of late menstruation with kidney deficiency and liver depression. 10g, Licorice 10g. decoction in water, twice a day, starting from the fifth day of menstruation, 21 days a course, the efficiency of the control group was 81.25%, the efficiency of the treatment group was 85.29%.

Han Yanhua [4] believed that although the five internal organs and the six internal organs are all related to menstruation, they are most closely related to the liver, and he added a reduction to Bai Ling Liver Tonics to treat late menstruation in the liver-depression type. This formula is taken with water decoction, one dose per day, divided into two doses of warmth. This formula is based on his father, Prof. Han Bai Ling's medicine, with addition and reduction, and is widely used in clinical practice, and has achieved good results.

Tang Tongxiu [5] used a combination of Chinese and Western medicine to treat late menstruation due to hyperlactatemia, mainly due to liver-depression, kidney deficiency and phlegm-dampness obstruction, and often used raw malt up to 50g in the formula together with cowberry, Zeilan and hawthorn, which was obtained through the long-term treatment experience of Professor Tang Tongxiu (Table 2).

Table 2: Kidney deficiency and liver depression type

| Dialectical treatment | Experimenter | Grouping | Use of prescriptions and medicines | Take the law | Periodicity | Therapeutic effect |
|---|--------------------|---|---|--|---|-------------------------|
| Kidney deficiency and liver depression type | Lynn Liu | Experimental group | Self-formulated formula for Yingzhi drink | Twice a day | Start taking it on the fifth day of menstruation, 21 days for a course of treatment | 85.29% |
| | | | | | | 81.25% |
| | Han Yanhua | Experimental group | Hundred Spirits and Liver Toning Soup with Addition | One dose daily, divided into two doses of warmth | Tailored to the individual | Good therapeutic effect |
| Tang Tongxiu | Experimental group | Raw malt can be used up to 50g in combination with hyssop, zelenium and hawthorn. | Tailored to the individual | Tailored to the individual | Good therapeutic effect | |

2.3. Liver and Kidney Yin Deficiency Type

Wang Xiufei [6] concluded that the treatment of late menstrual period with liver-kidney yin deficiency by self-formulated Ruqi Tang has obvious efficacy, and its composition is: Fructus Lycii 20g, Mulberry 15g, Epimedium 20g, Radix Bupleurum 10g, Fructus Yixi 25g, Fructus Ligustrum 20g, Semen Cuscutae 25g, Semen Coicis 20g, Salviae Miltiorrhiza 15g, Fructus Aromaticus 15g, Fructus Chicken Blood 20g, Fructus Salviae 20g, Fructus Huangjing 20g, Radix Glycyrrhiza Uralensis 10g, Fructus Niubizi 15g, Fructus Carthamus 10g, Fructus Zelenium 15g, Fructus Momordicae 15g. 10g, Radix Achyranthes bidentata 15g, Plantago ovata 10g, Radix Zeleniae 15g, Peach kernel 15g. Decoction in water, twice a day, for three weeks, with an efficiency of 85.29% for three consecutive menstrual cycles (Table 3).

2.4. Spleen and Kidney Deficiency Type

Zhou Qiong [7] treated the late menstrual period in the type of deficiency of spleen and kidney with An Dian Er Tian Tang plus reduction, which was based on the principle of tonifying the spleen and kidney, benefiting qi and nourishing blood, in which the drugs include: Du Zhong, Fructus Lycii, Ginseng, Atractylodes Macrocephala, Semen Cuscutae, Yam, and Niubizi. With sufficient kidney essence and a healthy spleen and biochemical source, the sea of blood can overflow on time and the late menstruation can be improved with an efficiency rate of 86.7% (Table 3).

2.5. Qi and Blood Deficiency Type

Liu Kai-Hai [8] used to treat patients with excessive, excessive and late menstruation of Qi and Blood deficiency type, in which the medicine was selected from the ultra-micro powder, which is not only easy to carry and make but also saves the Chinese herbal medicine, most importantly, it strengthens the absorption of the drug in the body and improves the bioavailability, the composition of the formula of Angelica tonic blood soup: 30g of Astragalus and 6g of Angelica. The clinical use is remarkable, the efficiency rate for patients with late menstruation of Qi and Blood deficiency type is up to the effectiveness of clinical use is remarkable (Table 3).

2.6. Kidney Deficiency and Phlegm Obstruction Type

Hou Huaijing [9] concluded that the self-prepared Ginseng Huang Yi Kidney Granules were effective in treating the depression with kidney deficiency and phlegm stasis. The experimental group took female gold tablets orally, a course of treatment for 21 days in both groups, and the treatment cycle was three courses of treatment. The effective rate of the control group was 84.85%, and the effective rate of the treatment group was 88.57% (Table 3).

Table 3: Synthesis of other subtypes of dialectic therapy

| Dialectical treatment | Experimenter | Grouping | Use of prescriptions and medicines | Take the law | Periodicity | Therapeutic effect |
|--|--------------|--------------------|--|----------------------------|---|--------------------|
| Liver and kidney Yin deficiency type | Wang Xiufei | Experimental group | Self-designed soup as scheduled | Twice a day | Three weeks of treatment for three consecutive menstrual cycles. | 85.29% |
| Spleen and kidney deficiency type | Joan Zhou | Experimental group | An Dian Er Tian Tang plus or minus | Tailored to the individual | | 86.7% |
| Weak qi and blood type | Happy Liu | Experimental group | Superfine Powder Gui Blood Replenishing Soup | Tailored to the individual | Tailored to the individual | 80% |
| Kidney deficiency and phlegm blockage type | Hou Huaijing | Experimental group | Self-prepared Ginseng Huang Yi Kidney Granules | 1 dose daily, twice a day | 21 days a course, the treatment cycle is three courses of treatment | 88.57% |
| | | Control group | Female Gold Tablet | | | 84.85% |

3. Traditional Chinese Medicine External Treatment

3.1. Acupuncture Therapy

Acupuncture is widely used in clinical practice because of its efficacy in treating patients with menstrual disorders, as well as its ability to promote blood circulation and improve immunity. The main cause of menstrual disorders is the internal injury of the seven emotions, which can lead to abnormal function of the internal organs of the patient, prompting the imbalance of qi and blood, which can further change the menstrual cycle of the patient. Acupuncture treatment for menstrual disorders is fast, with wide indications, few side effects, easy and quick. Under the guidance of a holistic concept, acupuncture is used to select different acupuncture points, and then acupuncture or moxibustion is used to stimulate different acupuncture points with different intensities to promote the flow of qi and to balance the qi and blood, so that the whole body can be full of qi and blood, and the whole body can be active, and menstruation will be naturally normalized.

Zhao Hong [10] performed dialectical selection of acupuncture points for the treatment of late menstruation, and the main acupuncture points for late menstruation: Qihai, Sanyinjiao. For solid-cold type: Tianshu, Guilai; for deficient-cold type: Taixi, Zhengmen; for blood deficiency type: Spleen Yu, Di Yu, and Foot Sanli; for qi stagnation type: Li Gou acupuncture point, with an overall efficiency of 90%, which is significantly higher than that of Western medical treatment.

Wang Jiao [11] treated a patient with late menstruation evidence of kidney deficiency, liver depression, qi stagnation and blood stasis by taking Tai Xi, San Yin Jiao, Tai Chong and Foot San Li three times a week for five consecutive times, the patient's menstrual cycle, and other aspects were normal and other concomitant symptoms were improved.(Table 4)

3.2. Moxibustion Therapy

Only with moxibustion, tonifying Yang Qi and opening the meridians can be performed simultaneously, and heat can be transferred directly to the meridians, regardless of the deficiency of cold and heat. And it is often used in conjunction with other therapies in TCM to achieve better results and speed up the recovery of the patient's body.

Deng Xiaoxia [12] concluded that moxibustion combined with acupuncture treatment using Shuiquan acupuncture point is effective for late menstruation of blood cold type, acupuncture points: Sanyinjiao, Guan Yuan, Blood Sea, Guilai, moxibustion Shuiquan acupuncture point, the control group only used acupuncture therapy, treatment started at the end of menstruation, evenly spaced time three times a week, no treatment during menstruation, three weeks of treatment, three courses of treatment, the control group efficiency reached 93.33%.

Deng Xiangjun [13] suggested that moxibustion with ginger on the Tianshu acupuncture point combined with warming of the menstrual system and blood regimen was effective in the late menstrual period of the deficiency cold type, with the patient in supine position, disinfected at the acupuncture points, three to four slices of ginger (with several holes punched in the surface), placed on the Tianshu acupuncture point (double) and Guan Yuan acupuncture point, and a moxa pole placed on the ginger slices and ignited. The number of moxa strokes is determined by the patient's condition. The treatment is continued three times a week for three menstrual cycles, and moxibustion is stopped during menstruation to restore normal menstruation.(Table 4)

Table 4: Acupuncture therapy and Moxibustion Therapy

| Traditional Chinese Medicine External Treatment | Experimenter | Experience | Therapeutic effect |
|---|---------------|---|---------------------|
| Acupuncture Therapy | Zhao Hong | Qihai and Sanyinjiao are the main points | 90% |
| | Wang Jiao | For kidney deficiency, liver depression, qi stagnation and blood stasis, take Taixi, Sanyinjiao, Taichong and Feosanli three times a week for five times in a row | Good healing effect |
| Moxibustion Therapy | Deng Xiaoxia | ShuiQuan point moxibustion combined with acupuncture the end of menstruation began treatment, evenly spaced time 3 times a week, no treatment during menstruation, three weeks of treatment, 3 courses of treatment | 93.33% |
| | Xiangjun Deng | Moxibustion with ginger at the Tianshu point combined with warming and regenerating blood for the deficiency cold type, three times a week for 3 menstrual cycles, stop moxibustion during menstruation | Good healing effect |

3.3. Ear Point Therapy

The ear can be differentiated in detail to correspond to various parts of the human body, which can be treated by acupuncture, bloodletting, moxibustion, massage, etc. It has the advantages of low side effects, quick results, easy access to materials, good efficacy, economy, and simplicity.

Zhang Yuefei et al [14] summarized the clinical progress of auricular acupuncture in the treatment of patients with postmenstrual disorders caused by polycystic ovary syndrome, in which three major categories were listed, including 1) pressure patching method, which combines acupuncture and gua sha in addition to auricular acupuncture 2) buried needle method and 3) acupuncture method. The most commonly used acupuncture points for this disease are ovarian, endocrine, uterine, liver, subcortical, kidney, and spleen. Ear acupuncture is a very effective treatment with few side effects, low cost of treatment and very convenient, so it is a treatment tool worth promoting.(Table 5)

3.4. Buried Thread Therapy

Acupoint buried thread therapy is based on meridian theory, traditional Chinese medicine and the results of continuous development of modern medical research, through the buried body absorbable thread, prolonging the time of stimulating acupuncture points, more durable and better therapeutic effect.

Zheng Zhenjiong [15] used buried threads at acupuncture points to treat 60 patients with late menstruation due to simple obesity for clinical trial observation. Treatment group: buried threads were taken from acupuncture points, group I: Liver Yu (double), Spleen Yu (double), Kidney Yu (double), Yanglingquan (double), Sanyinjiao (double), and Foot Sanli (double). The second group of acupuncture points: Zhonggui, Hypochondrium, Tianshu (double), Guilai (double), Guan Yuan, Zi Gong (double), Yinlingquan (double). 1 buried line for 15 days, alternating between the two groups of acupuncture points. Control group: acupuncture treatment, acupuncture points were taken in the same way as the treatment group, treatment was given every other day, and the course of treatment for both groups was three months. The effective rate of the treatment group was 93.30%, and the effective rate of the control group was 80.00%.

Jin Huifang [16] took Guan Yuan, Qi Hai, Zi Gong and Si Shen as the main points for embedding treatment, Di Yu for blood deficiency, Guan Yuan for blood coldness, Qi Hai for blood stasis and qi stagnation; Kidney Yu for kidney deficiency; and Spleen Yu for phlegm-dampness

obstruction. By comparing with electroacupuncture, the patients were observed to have regular menstruation with an efficiency of 100.0%

Zou Xiaofeng [17] used acupuncture point embedding method to diagnose and treat 60 patients with late menstruation (liver depression and qi stagnation evidence), the main points of embedding in the treatment group: water channel (double), foot sanli (double), tianshu (double), belt vein (double), guan yuan, qihai, and zhongbao. 1 time of treatment in 1 month. Control group: add flavor wu yao soup, both groups treated for 5 menstrual cycles, observe the treatment results of both groups, the efficiency of the treatment group is 100%, the efficiency of the control group is 80%.(Table 5)

3.5. Other Treatments

Fan Pei et al [18] used thermal moxibustion combined with the formula of tonifying the kidney and activating the blood to treat late menstruation due to follicular dysplasia, the treatment of thermal moxibustion is to select some acupuncture points that play a therapeutic role and apply different techniques of thermal moxibustion to the patient in turn. By stimulating specific acupuncture points with heat sensation, the formula has the effect of tonifying the kidney, nourishing the blood and invigorating the blood. The combined use of the two methods enhances endometrial growth and follicular development, opening up a new way of treating the disease in TCM.(Table 5)

Table 5: Ear point therapy, Buried thread therapy and other treatments

| Traditional Chinese Medicine External Treatment | Experimenter | Experience | Therapeutic effect |
|---|----------------|---|---------------------|
| Ear Point Therapy | Zhang Yuehui | Ovary, endocrine, uterus, liver, subcortical, kidney, spleen | Good healing effect |
| Buried wire therapy | Jung Jin-jong | For late menstruation due to simple obesity | Good healing effect |
| | Jin Huifang | Treatment with Guan Yuan, Qi Hai, Zi Gong and Si Shen as the main points | 100.0% |
| | Zou Xiaofeng | Evidence of liver stagnation and qi stagnation: water channel (double), foot sanli (double), tianshu (double), belt vein (double), guan yuan, qihai, zhongbei | 100.0% |
| Other | Fan Pei et al. | Thermal Moxibustion combined with the formula for tonifying the kidneys and invigorating the blood | New Ways |
| | He Tiantian | Plum Blossom Acupuncture and Percussion to punch the Ren, Du and Belt Chakra | 88.6% |

He Tiantian [19] used plum blossom acupuncture to follow the meridians and tap on the Punch, Ren, Governor, and Belt Vessels to observe and treat 60 patients for late menstruation. The treatment group used plum blossom acupuncture to tap on specific meridians: the Punch, Ren, Governor, Long Belt Vessels, and Shen Que for one week. Each meridian should be tapped for 4-5 minutes, and the method of tapping should be gentle. Control group: western medicine clomiphene citrate, each menstrual cycle as a course of treatment, both groups were treated for two months. The efficiency of the treatment group was 88.6%, and the efficiency of the control group was 63.6%.

4. Conclusion

The treatment of late menstruation by TCM is a commonly accepted and adopted treatment option in contemporary times, and has been clinically effective for a long time, providing a wealth of experience in the treatment of late menstruation for future generations, including not only herbal therapy but also the combination with acupuncture and moxibustion, moxibustion and other

treatment options, and has been developed and innovated in the process of continuous practical exploration. The research on late menstruation provides a reference for clinical treatment and enriches the content of evidence-based treatment in Chinese medicine. In order to better play the effect of TCM in the treatment of late menstruation, we must insist on continuous investigation and must conduct more standardized and holistic research in order to ensure the actual effect of its clinical application and make more excellent achievements.

References

- [1] Zhai Apple. (2020) Efficacy of adding Wei Wen Cuo Tang combined with Gynecological Zai Zai Capsules in the treatment of kidney yang deficiency in late menstruation. *Journal of Practical Chinese Medicine*, 36(10):1254-1255.
- [2] Chen Yan. (2020) Clinical observation on the treatment of deficiency-cold type of late menstruation with the addition and subtraction of warming menstruation and blood regeneration soup. *Chinese Folk Therapy*, 28(18):47-49.
- [3] Liu Linlin. (2020) Clinical observation on the treatment of late menstrual period (kidney deficiency and liver depression evidence) with self-prepared Yingzhi Drink. Changchun: Changchun University of Traditional Chinese Medicine.
- [4] An X, Wang M, Zhang Xuezhi, et al. (2019) Clinical experience of Professor Han Yanhua in the treatment of liver-depression type menstrual disorders. *World Journal of Integrative Chinese and Western Medicine*, 9(09):918-920.
- [5] Li Huangyu, Zeng Chenfang, Yao Qin, et al. (2019) Professor Tang Tongxiu's experience in the treatment of hyperprolactinemia. *Hunan Journal of Traditional Chinese Medicine*, 29(06):29-31.
- [6] Wang Xiu Fei. (2020) Clinical observation on the treatment of late menstruation (liver and kidney yin deficiency evidence) with self-prepared Ruqi Tang. Changchun: Changchun University of Traditional Chinese Medicine.
- [7] Zhou Q., Zhang Y. (2020) Clinical observation of 30 cases of late menstruation treated with Andian Ertian Tang Plus. *Northern Pharmacology*, 10(3):17-18.
- [8] Liu Kai-hai. (2020) Treatment of 50 cases of menstrual disorders with superfine powder of angelica tonic blood soup. *Chinese medicine research*, 27(07):33-34.
- [9] Hou Huaijing. Clinical observation on the treatment of late menstruation (kidney deficiency and phlegm stasis evidence) with self-prepared Ginseng Huang Yi Kidney Granules. Changchun University of Traditional Chinese Medicine, 2020.
- [10] Zhao Hong. (2019) Efficacy of acupuncture and moxibustion in the treatment of menstrual disorders. *Inner Mongolia Traditional Chinese Medicine*, 36(19):87.
- [11] Wang Jiao, Zhou JF, Li Yan, et al. (2019) Observation on the efficacy of acupuncture in the treatment of late menstruation. *Journal of Practical Chinese Medicine*, 29(12):1063-1065.
- [12] Deng Xiaoxia. (2020) Clinical efficacy of moxibustion at Shuiquan point with acupuncture in the treatment of late menstruation of blood cold type. Fuzhou: Fujian University of Traditional Chinese Medicine.
- [13] Deng Xiangjun. (2019) Comparison of the efficacy of moxibustion with ginger alone and combined with warming and blood regulating soup in the treatment of deficiency cold type late menstruation. *Medical Theory and Practice*, 32(05):717-718.
- [14] Zhang Yuehui, Xu Xue, Zhang Jiao, et al. (2019) Clinical research progress of auricular acupuncture method in the treatment of polycystic ovary syndrome. *Chinese Journal of Traditional Chinese Medicine*, 12: 5474-5476.
- [15] Zheng Zhenjiong. (2019) Clinical study on the treatment of simple obesity combined with late menstruation with acupuncture point embedding. Nanjing: Nanjing University of Traditional Chinese Medicine.
- [16] Jin Huifang, Jin Yabei. (2019) Acupuncture point buried thread for the treatment of menorrhagia. *Chinese Acupuncture*, 28(12):891-893.
- [17] Zou S F, He H Z, Feng S L. (2020) Treatment of 60 cases of late menstruation with liver qi stagnation by buried acupuncture points. *Clinical Journal of Acupuncture and Moxibustion*, 28(9):33-35.
- [18] Fan Pei. (2019) Clinical study of 60 cases of follicular dysplasia infertility treated with thermal moxibustion combined with kidney tonification and blood activation method. *Chinese Society of Traditional Chinese Medicine. Proceedings of the 10th National Conference on Chinese Medicine and Gynecology. Chinese Society of Traditional Chinese Medicine*: 3(12):891-893.
- [19] He Tiantian. (2019) Clinical study on the treatment of follicular dysplasia with plum blossom acupuncture by percussion through the meridian and punching the Ren and Du channels. Guangzhou: Guangzhou University of Traditional Chinese Medicine.