

## Acupuncture and Yunnan Baiyao Treatment for Uterine Myoma

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### Abstract

Fibroids, also known as uterine myomas, fibromas or leiomyomas are benign growths of the smooth muscle tissue of the uterus. They occur in 20-50% of all women. Myomas grow in different places and parts of the uterus. There are three main types of myoma: subserous, intramural and sub mucosal. Most women do not have any symptoms and they may detect the myoma accidentally during a routine gynecological examination. Larger myomas can cause irregular, intense and prolonged bleeding with anemia, as well as a feeling of pressure in the stomach or a feeling of bloating. Sometimes myomas press the surrounding organs like: the bladder and the colon, and thus cause certain discomforts. Pain in the loins is common too. In this case is presented a 45 year old woman, diagnosed with uterine myoma of 5, 5 cm. The period was irregular and prolonged. The patient has also undergone curettage and conization of the cervix (CIN 3). The patient was treated with acupuncture treatment and Yunnan Baiyao tea. 10 acupuncture treatments were made in a period of 6 months and the Yunnan Baiyao tea was taken simultaneously. After 6 months, the myoma was reduced from 5,5 cm to 2,5 cm. The treatment with acupuncture and Yunnan Baiyao tea can give very good results in gynecological disorders and can help in the treatment of myoma and significantly reduce the size of the myoma.

**Keywords:** Traditional Chinese Medicine, Myoma, Uterus, Treatment

### Introduction

Fibroids, also known as uterine myomas, fibromas or leiomyomas are benign growths of the smooth muscle tissue of the uterus. They occur in 20-50% of all women. Most affected are the women between the ages of 35 and 45. Myomas grow in different places and parts of the uterus. There are three main types of myoma: sub serous, intramural and sub mucosal.

- 1) Sub serous fibroids - a myoma that is localized on the very surface of the uterus and is covered with its serous skin.
- 2) Intramural myoma - myoma that grows inside the wall of the uterus.

3) Sub mucosal myoma - myoma that grows under the lining of the uterus.

Most women do not have any symptoms and they may detect the myoma accidentally during a routine gynecological examination. Larger myomas can cause irregular, intense and prolonged bleeding with anemia, as well as a feeling of pressure in the stomach or a feeling of bloating. Sometimes myomas press the surrounding organs like: the bladder and the colon, and thus cause certain discomforts. Pain in the loins is common too. [1] [2]

In most of the cases there are 1 or 2 large myomas. In other cases there are numerous (up to 20) small myomas. Coming from this there 3 types of patterns of fibroids:

- 1) Solitary fibroids – one single fibroid with size 1-9 cm.
- 2) Multiple small fibroids – many small fibroids each less than 2 cm.
- 3) Mixed pattern - one or two large fibroids with multiple smaller ones. [3]

According to the Traditional Chinese Medicine (TCM) theory, fibroid is an abdominal mass caused by the accumulation of blood, Qi and phlegm. The internal cause is deficiency of vital Qi. Emotional or physical trauma during menses can be seen as predisposing factor which triggers the growth of the fibroids. Five main syndromes involved here:

- 1) Qi stagnation with blood stasis;
- 2) Blood stasis with phlegm or Qi stagnation;
- 3) Phlegm accumulation with blood stasis;
- 4) Kidney deficiency with blood stasis;
- 5) Spleen deficiency with phlegm.

TCM treatment includes acupuncture, herbs and tuina massage to help to relieve the symptoms and shrink the fibroids. [4]

### **Case Report**

In this case is presented a 45 year old woman, diagnosed with uterine myoma of 5,5 cm. The period was irregular and prolonged. The patient has also done curettage and conization of the cervix (CIN 3). The patient was treated with acupuncture treatment and Yunnan Baiyao tea. 10 treatments were made in a period of 6 months and the Yunnan Baiyao tea was taken simultaneously 1 gram per day. Treatments were made in a clinic for Traditional Chinese Medicine and acupuncture in Skopje, Macedonia by a doctor specialist in acupuncture. The duration of the treatment was 30-45 minutes. Treatments were made indoor, on a room temperature. In the treatment were used fine, sterile acupuncture needles size 0.25x25mm produced by Wuijiuang City Medical & Health Material Co., LTD. The treated point were located on the both sides of the body. Treated points are: HN1 (SiShen Cong), LR1 (Dadun), ST36 (Zu San Li), LI4 (HeGu), GB34 (Yang Ling Quan), SP6 (San Yin Jiao), SP9 (Yin Ling Quan), LR3 (Tai Chong), RN13 (Zhong Wan), RN2 (QuGu), RN4 (Guan Yuan), RN7 (Qi Hai), ST25 (TianShu ST29 (Gui Lai),), DU14 (Da Zhui), GB20 (Feng Chi), BL18 (Gan Shu), BL19 (DanShu), BL21 (Wei Shu), BL25 Da Chang Shu), BL20 (Pi Shu) and BL32 (CiLiao)

After 6 months, the myoma was reduced from 5,5 cm to 2,5 cm. With the herbal and acupuncture treatment, most patients experience relief of the symptoms such as cramps, heavy menstrual periods or abdominal bloating. The positive effects usually are seen within two to three period cycles. The fibroids can also stop growing. However, shrinking the fibroids is a very hard work and requires long-term treatment to see positive results. It is recommended for the patients who have fibroids to do mild treatment via acupuncture and herbs over a long period of time. [4]

The proper circulation of Blood and Qi is vital to the health. When the circulation becomes blocked, problems can occur. The Qi energy can be blocked for a number of different reasons of which the most common is the emotional stress. External pathogenic factors such as cold, wind, heat, dampness and toxins can also block the smooth flow of the Qi. Qi helps the blood to circulate and when Qi becomes stagnated, blood often follows. Then the blood stagnation leads to masses and clots such as uterine fibroids. Symptoms of Qi and blood stagnation are: abdominal bloating, long menstrual cycle, heavy bleeding and clots, cramps, irritability, breast tenderness and other.

Other factors that may impair the proper circulation in the body are the dampness and phlegm. Over time, dampness may transform into phlegm inside the body. In TCM, phlegm is not just the stuff that may be coughed up when a person has a cold, but also a solid mass including uterine fibroids. Symptoms of dampness and phlegm accumulation are: regular or long menstrual cycle, heavy bleeding, loose bowels, dragging sensation in the abdomen and other.

Kidneys play a very important role in the hormonal balance and the reproduction. If the Kidneys are weak, monthly cycle may be disrupted and various problems may be caused including fibroids. Other symptoms are: irregular periods with heavy, long-lasting bleeding, breast pain, restlessness, a feeling of heat especially in the chest, hands and feet and other.

The main purposes of the treatment are to restore the smooth flow of the Blood and Qi, to expel the cold, dampness and phlegm, nurture the weaknesses in the organs, reduce the emotional stress, relieve the symptoms such as heavy bleeding and pain, shrink the fibroids and etc. [2]

The herb Yunnan Baiyao comes from the Ginseng family. In the treatment it is used to clear the heat, invigorate the blood, resolve the stagnation, tonify the Qi energy and remove the stasis. The herb is used to stop the bleedings, to treat blood stasis, alleviate the pain, to promote normal blood circulation and reduce swelling and inflammation. [5] [6] [7]

## **Conclusion**

The treatment with acupuncture and Yunnan Baiyao tea can give very good results in gynecological disorders and can help in the treatment of myoma and significantly reduce the size of the myoma. The patient's condition will be monitored in the coming period and will continue with the acupuncture treatments until the myoma is completely gone.

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