The Application of Sanyinjiao (SP 6) for Acupuncture Treatment of Gynecological and Obstetrical Disorders

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Satisfactory effects have been obtained by applying Sanyinjiao (SP 6) for treating dysmenorrhea, uterine bleeding, retention of urine and sickness of pregnancy. The illustrative cases are presented as follows.

**Dysmenorrhea**
A female patient, 22 years old, unmarried. The patient presented herself in February 2005 with the chief complaint of abdominal pain on the first day of menstruation. She started to have menarche at the age of 17, and the menses were regular. But in recent two years, she had lower abdominal pain on the first day of menstruation with scanty menstrual flow dark red in color and with blood clots; and the pain was alleviated after excretion of the clots. Her tongue was pale, the coating thin, and the pulse wiry. Ultrasonic B examination for the uterus and ovary showed no abnormalities. She was diagnosed as having dysmenorrhea. The principle of treatment was to promote blood circulation, activate the meridians and collaterals, and relieve the pain. Sanyinjiao (SP 6) and Taichong (LR 3) were punctured with the reducing method, and Qihai (CV 6) with the reinforcing method. The needles were retained for 30 minutes and manipulated once every 10 minutes. The pain was alleviated after withdrawal of the needles. After that, the treatment was given once a day for 7 days before each menstrual onset. The patient was cured after 3 courses of treatment.

Dysmenorrhea is caused by emotional stress, cold exposure and stagnation of the liver, resulting in menstrual stasis and obstructed circulation of blood. The principle of treatment was to activate qi, promote blood circulation, and unblock the meridians to stop pain. The point Sanyinjiao (SP 6) has the function of regulating qi and promoting circulation of blood. Qihai (CV 6), a point of the Conception Vessel, is able to strengthen and regulate qi. The two points were punctured with the reinforcing method. Taichong (LR 3) can soothe the liver. It was punctured with the reducing method to remove the liver-qi stagnation and activate qi and blood. The combined use of the three points may strengthen the spleen and regulate qi, promote blood circulation, and unblock the meridians to stop pain.

**Uterine Bleeding**
A female patient, 33 years old, married. She came for a treatment because of uterine bleeding for over 10 days with heavy menses for 3 days in April 2005. She had irregular menstruation with the cycle varying from 20–40 days. The last onset started on April 2, 2005. She had already had her menstruation for over 10 days with heavy menses light red in color in recent 3 days when she came for consultation, and with the accompanying symptoms of fatigue, poor appetite and loose stool. According to the TCM differentiation, it was uterine bleeding due to the syndrome of spleen deficiency. The principle of treatment was to strengthen the spleen, consolidate the Chong Channel to stop bleeding, and regulate menstruation. Sanyinjiao (SP 6) and Guanyuan (CV 4) were chosen and punctured with the reinforcing method plus moxibustion, with the needles retained for 30 minutes. The treatment was given once a day. The amount of bleeding was reduced by half the next day when she came again for treatment. She
continued the treatment, and the bleeding was stopped 3 days later.

The spleen is the source to produce *qi* and blood, and it controls blood. The patient had spleen deficiency, so the spleen could not perform well the function of controlling the blood. Sanyinjiao (SP 6) can regulate the liver and spleen to keep the blood flow in the vessels, and tonify the blood. Guanyuan (CV 4) has the function of strengthening the kidney, and regulating menstruation to restore the normal functions of the uterus. Moxibustion was applied in combination, which may warm the spleen and kidney, strengthen *qi* of both the congenital and acquired, and invigorate *qi* so as to keep the blood circulate in the vessels. The combined use of the two points was effective for stopping bleeding and regulating menstruation.

**Postpartum Retention of Urine**

A female patient, 25 years old, presented herself in August 2005 with the chief complaint of retention of urine the following day after giving birth. The accompanying symptoms and signs were lower abdominal pain, fatigue, shortness of breath, dislike of speaking with low voice, lustreless complexion, pale tongue with thin and white coating, and thready and weak pulse. The syndrome was *qi* deficiency. The principle of treatment was to strengthen *qi*, promote ascending of clear *qi*, and activate *qi* to improve water flow. Sanyinjiao (SP 6) and Zhongji (CV 3) were chosen and punctured with the reinforcing method, and with cupping added for Zhongji (CV 3). The needles were retained for 30 minutes. The patient passed water half an hour later after withdrawal of the needles.

Postpartum retention of urine is due to *qi* deficiency, resulting in dysfunction of the urinary bladder. Sanyinjiao (SP 6) has the function of tonifying *qi* and regulating blood, promoting *qi* activity of Sanjiao, raising the clear *qi* and lowering the turbid *qi*. Zhongji (CV 3) added in combination may warm *qi* in the lower-jiao, invigorate *qi* activity of the urinary bladder, and promote urination.

**Sickness of Pregnancy**

A female patient, 36 years old, came for consultation in January 2004 because of nausea and vomiting for 5 days after 50-day pregnancy. The patient had nausea and vomiting for 5 days, unable to eat with vomiting after food intake, and with abdominal discomfort, pale tongue with thin coating, and thready pulse. The diagnosis was pregnancy sickness with spleen- and stomach-deficiency. The principle of treatment was to strengthen the spleen and harmonize the stomach to stop vomiting. Sanyinjiao (SP 6), Zusanli (ST 36) and Zhongwan (CV 12) were chosen and punctured with the reinforcing method, and the needles were retained for 30 minutes. The treatment was given once a day. Vomiting was stopped 5 days later after the treatment, and the patient could eat small amount of food.

Sickness of pregnancy is mainly due to the upward flow of excessive *qi* of the Chong Channel when the blood descends to nourish the fetus, and the stomach *qi* can not be lowered, thus giving rise to nausea and vomiting. Sanyinjiao (SP 6) has the function of strengthening the spleen and regulating *qi*; and Zusanli (ST 36) and Zhongwan (CV 12) when punctured with the reinforcing method may strengthen the stomach and suppress the upward flow of *qi*. The above three points used together can tonify the spleen and regulate the stomach, promote the stomach *qi* to descend and relieve vomiting.

**References**


(Translated by ZHU Han-ting 朱涵亭)

Received June 12, 2009