

(From "A Clinical Survey of the Chinese Medicine Preventive Treatment of 155 Cases of Miscarriage" b: Wang Yu-lin, Bei ling Zhong Yi [Beijing Chinese Medicine], #4, 1995, p. 30-31)

The author of this study has preventively treated 155 cases of threatened or habitual miscarriage with Chinese medicine. Pregnancy was confirmed in all these cases by positive HCG examination and ultrasonography. Those with threatened abortion had a slight amount of bleeding from their vaginal tract accompanied by low back soreness and abdominal pain or relatively heavy emesis gravidarum. Others in this study had habitual or recurrent miscarriage or possible ABO blood type incompatibility. Twelve of the women were 25 years old or below and 143 were 26 years old or above. Ninety-four were workers and 61 were cadres. These 155 women had been pregnant a total of 450 times with 282 miscarriages. Thirty-one women had had 3 miscarriages or more. The greatest number of miscarriages was 6. Seventy women were categorized as suffering from threatened abortion, 31 from habitual miscarriage, 37 from ABO blood type incompatibility, and 17 from emesis gravidarum.

Treatment based on pattern Discrimination:

1. Liver/kidney yin vacuity pattern: 55 cases or 35%. These manifested with either early stage threatened abortion or habitual miscarriage.

Main symptoms: Vaginal tract bleeding, scanty in amount, color red, low back soreness and knee weakness, dry mouth with no thought of drinking, yellow urination, constipation, a fine, slippery, rapid pulse, and a dark red tongue with a thin, yellow or scanty coating.

Treatment principles: Foster yin, clear heat, and quiet the fetus.

Rx: Fructus Ligustri Lucidi (Nu Zhen Zi), 30g, Herba Ecliptae Prostratae (Han Lian Cao), 30g, uncooked Radix Rehmanniae (Sheng Di), 12g, Radix Albus Paeoniae Lactiflorae (Bai Shao), 10g, Radix Scutellariae Baicalensis (Huang Qin), 10g, Radix Dioscoreae Oppositae (Shan Yao), 15g, Ramus Loranthis Seu Visci (Sang Ji Sheng), 15g, Semen Cuscutae (Tu Si Zi), Radix Dipsaci (Chuan Duan), 10g, Cortex Toonae Sinensis (Chun Pi), 10g, Rhizoma Cimicifugae (Sheng Ma), 6g

2. Spleen/kidney dual vacuity pattern: 46 cases or 30%. These manifested with threatened abortion, habitual miscarriage, and edema during pregnancy, etc.

Main symptoms: Vaginal tract bleeding during pregnancy, amount scanty, color dark, low back soreness and knee weakness, fatigue, lack of strength, swelling and distention of the four limbs, abdominal distention, torpid intake, not well formed stools, a deep, fine, slippery pulse, and a dark, pale red tongue with a thin, white coating, and the indentations of the teeth on its borders.

Treatment principles: Fortify the spleen, boost the qi, and quiet the fetus.

Rx: Ramus Loranthis Seu Visci (Sang Ji Sheng), 15g, Semen Cuscutae (Tu Si Zi), 15g, Radix Dipsaci (Chuan Duan), 10g, Cortex Eucommiae Ulmoidis (Du Zhong), 10g, Radix Dioscoreae Oppositae (Shan Yao), 15g, Semen Euryalis Ferocis (Qian Shi), 15g, Rhizoma Atractylodis Macrocephalae (Bai Zhu), 9g, Rhizoma Cimicifugae (Sheng Ma), 6g, Sclerotium Poriae Cocos (Fu Ling), 12g, Fructus Amomi (Sha Ren), 6g, Cortex Toonae Sinensis (Chun Pi), 10g

3. Kidney vacuity & blood stasis pattern: 37 cases or 30%. These manifested with habitual miscarriage, ABO blood type incompatibility, and uterine myoma during pregnancy.

Main symptoms: Low back soreness during pregnancy, lower abdominal discomfort or aching and pain, a dry

mouth with no thought to drink, a wiry, fine, slippery pulse weak in the cubit, and a dark tongue with a thin, white coating.

Treatment principles: Nourish the blood and harmonize the blood, boost the kidneys and quiet the fetus.

Rx: Radix Angelicae Sinensis (Dang Gui), 10g, Radix Ligustici Wallichii (ChuanXiong), 6g, Radix Albus Paeoniae Lactiflorae (Bai Shao), 10g, Radix Aucklandiae (Mu Xiang), 6g, Herba Leonuri Heterophylli (Kun Cao), 6g, Ramus Loranthi Seu Visci (Sang Ji Sheng), 15g, Radix Dipsaci (Chuan Duan), 10g, Cortex Eucommiae Ulmoidis (Du Zhong), 10g, Semen Cuscutae (Tu Si Zi), 15g, Rhizoma Cimicifugae (Sheng Ma), 6g, Fructus Amomi (Sha Ren), 6g, Radix Dioscoreae Oppositae (Shan Yao), 15g

4. Liver/kidney insufficiency pattern: 17 cases or 11 %. These manifested with marked reactions to pregnancy, emesis gravidarum, etc.

Main symptoms: Nausea, repeated vomiting, no thought for food or drink, epigastric oppression and excessive phlegm, dizziness, restless sleep at night, a wiry, fine, slippery pulse, and a dark red tongue with a slimy, white or slimy, yellow coating.

Treatment principles: Course the liver and harmonize the stomach, clear heat and quiet the fetus.

Rx: Caulis Bambusae In Taeniis (Zhu Ru), 9g, Pericarpium Citri Reticulatae (Chen Pi), 9g, Sclerotium Poriae-Cocos (Fu Ling), 12g, Radix Scutellariae Baicalensis (Huang Qin), 10g, Rhizoma Coptidis Chinensis (Yi Lian), 10g, Folium Eriobotryae Japonicae (Ba Ye), 12g, Rhizoma Pinelliae Ternatae (Ban Xia), 10g, Semen Nelumbinis Nuciferae (Shi Lian), 10g, Semen Euryalis Ferocis (Qian Shi), 15g, Fructus Citri Sacrodactylis (Fo Shou), 10g, Radix Albus Paeoniae Lactiflorae (Bai Shao), 10g, Herba Agastachis Et Caulis Perillae Frutescentis (Huo Su Gen), 10g

Treatment outcomes:

1. Definition of outcomes: Success: Pregnancy continued normally and delivery occurred after a sufficient number of months gestation. In addition, the baby was healthy. No effect: Pregnancy was terminated by either miscarriage or induced labor.

2. Duration of treatment: In 36 cases, treatment lasted 1 month, in 80 cases, 2-3 months, and in 39 cases, 4 months or more.

3. Treatment effect: Of the 155 women, 132 were defined as a success for a total success rate of 85%. Amongst these, there were 68 normal deliveries, 60 surgical deliveries, and 3 early deliveries. Twenty-seven or 20.4% of these women had had 3 or more miscarriages before. Twenty-one women or 13.5% got no effect.

4. Babies' birth situation & weight: Of the 132 babies, 127 or 97% were normally developed. Two or 1.5% were deformed. One hundred twenty-seven or 97% weighed more than 2000g. The heaviest baby was 4400g. Three babies or 2.3% weighed less than 2000g.

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