

Menstruation

Questions

- Length of cycle
- Amount of bleeding
- Blood color
- Consistency
- Clots (small or large)
- Length of cycle
- Discomfort, where, when

PMS

- Liver Qi needs to be moving
- Full Yang Qi needed
- in absence PMS

Cramps at end of cycle

blood and Qi deficiency

Cycles

- short
 - excess bleeding - deep red thick excess heat in blood
 - excess bleeding - light and thin deficiency of Spleen Qi to check blood
- long
 - scanty bleeding - dark/purple and large clots blood stagnation
 - scanty bleeding - dark/purple and small clots blood stagnation from cold
 - scanty bleeding - light color, no energy blood deficiency
- if consistent over years then normal
- irregular disharmony of Chong (Sea of Blood) and Ren (Conception Vessel) meridians

Describes

- state of
 - Qi
 - Blood

Leukorrea

- watery and profuse Kidney, Spleen Yang deficiency and cold
- thick yellow / pinkish tinge with offensive smell damp heat