

# Polycystic Ovarian Syndrome

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## TCM TREATMENT OF POLYCYSTIC OVARY AND POLYCYSTIC OVARY SYNDROME

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**P**olycystic ovary syndrome is a disease which is recently reported in one out of five women in genital ages are involved (1); Author separates that polycystic ovary (PCO) belongs to a pre-clinical condition which appears delayed menstrual circles, even amenorrhea in some time; and Polycystic Ovary Syndrome (PCOS) is a disease which has been exploring a sexual hormonal disorder; both being gradually increasing incidences which have become common causes of infertility. Among them, women with severe PCOS are few, most of ladies lie PCO which is a gentle state. Author identifies PCO and PCOS in three patterns: 1) Qi deficiency of spleen and kidney, accumulation of fluid and stasis of blood; 2) Kidney yang deficiency and accumulation of fluid and phlegm; liver qi stagnation and blood stasis, according to the clinical approach of TCM (traditional Chinese medicine) and

manage an effective treatment to regulate menstrual circle and assist a pregnancy through acupuncture and Chinese herbal medicine. Treating methods and typical cases which are treated in the UK have been reported. Conclusion is that managing the treating methods of TCM and taking diagnostic references from conventional western medicine (CWM) can make the treatment more distinctive and effective. The method of integrated TCM and CWM will raise efficacy of TCM rather than following its traditional way. TCM will appear its advantage to treat the pre-clinical stage of a severe disease and bar the organic disease's occurrence, hence helping women getting their regular menstrual cycles and successful conceiving.

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