



Cool the Menses

Fu Qingzhu's famous formula

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Early periods are a common disorder. Usually women present when periods are both early and heavy; few women will come in just for early periods alone. The author used Fu Qingzhu's *Qing Jing San* (Cool the Menses Powder) to treat 22 cases and achieved good results. Two cases are presented here.

Case 1

Mrs Li, 44, a Chinese opera singer, had early and heavy periods for the previous two years. Her symptoms were consistent with a Chinese medicine differentiation of blood heat. So, *Qing Jing San* (Cool the Menses Powder) was given as the main formula. She took six bags, and that month the period came five days later. Since it seemed to be working the formula was not changed and she continued to take *Qing Jing San* for three months, six bags a month at the middle of the month around ovulation. At the end of three months, both the timing and the amount of the period had returned to normal.

Of the 22 cases, two patients ended up with late periods. Chinese gynaecology theory points out that cold can congeal the blood, and that after taking cold herbs the period can be delayed, blocked or fail to arrive. One should be cautious about this. The next case is an example.

Case 2

Mrs Xie, 27, a doctor with the People's Liberation Army, having been married for four years had not conceived, and for the previous two years her periods were early. Western gynaecological exam found her right fallopian tube mildly inflamed but the uterus normal.

Qing Jing San

Cool the Menses Powder

Mu Dan Pi	9g	Moutan Cortex
Di Gu Pi	12g	Lycii Cortex
Bai Shao	9g	Paeoniae Radix alba
Shou Di	6g	Rehmanniae Radix preparata
Qing Hao	9g	Artemisiae annuae Herba
Huang Bai	9g	Phellodendri Cortex
Fu Ling	9g	Poria

Her husband's semen analysis was normal. Her signs and symptoms were consistent with a differentiation of early periods due to blood heat. I decided to deal with regulating the menstruation first, then address the infertility.

I prescribed *Qing Jing San* (Cool the Menses Powder) which she took for two months, but her period did not come until the 50th day.

At her next presentation the signs and symptoms were similar to her previous consultation, so she was again given *Qing Jing San*. After taking the formula for a month (six bags taken mid-cycle) her period again did not come, but this time she was found to be pregnant. Although this case had some confusing aspects, by continuing to match the pattern and the herbs for this patient, I achieved the desired effect.

Comments and insights

Fu Qingzhu said the reason that periods arrived early was due to blood heat, as the heat moves and forces the blood to flow before its time. The balance between Kidney fire and Kidney water, Fu said, determined the regular timing of the menstrual cycle. If fire and water were out of synch it could cause the period to come early or late, or to be heavy or light.

In Fu's theory, periods that are heavy and early are due to both fire and water being in a flourishing state, whereas periods that are early but scanty indicate flourishing fire with insufficient water. This is a brilliant insight that cuts to the heart of the matter and can be used immediately as a clinical guide.

Fu designed *Qing Jing San* (Cool the Menses Powder) to treat early and heavy periods in such a way that it cools heat without damaging yin. He designed a companion formula to deal with early and light periods called *Liang Di Tang* (Two Earth Decoction), which works by strengthening yin in order to control fire. Both provide excellent results.



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