

Errant Yang

Movement, especially upward movement, is dependent upon yang. When the *bao mai* (uterine vessel) begins to reverse its flow, the yang can become errant or wild, causing upsurges of heat or accumulation of heat in the upper warmer—as well as in the liver as it tries to govern the flow of yang qi.

FORMULAS THAT TREAT ERRANT YANG

Rehmannia and Scrophularia Formula addresses errant yang by supplementing the kidney and fortifying the yin and blood in order to anchor the yang. It drains and cools both excess and deficiency fire to quell the upsurging of heat and yang that is common during this transition.

Free and Easy Wanderer Plus is used when heat from the *bao mai* counterflow accumulates in the liver and there is preexisting constitutional liver qi stagnation. Since it also supplements spleen qi, this formula is commonly used for the frustration which arises during the early stages of the *tian gui* cessation process.

Bupleurum D Formula is used when the 3 yang (*taiyang, shaoyang, yangming*) become blocked. This is a purely excess pattern, with excess or blockage manifesting in the three yang. The *shen* is usually agitated, leading to excess-type sleep disturbances or emotional outbursts. The excess can also manifest as fullness in the chest, blockage in the large intestine, pounding in the head, or elevated pressure in the vessels.

Yin Transition Formula is a powerful cooling and astringing formula. It is used to restore control to the body's sweat regulatory function when the errant yang qi flows outward into the skin.

The Heart-Kidney Connection

The importance of the heart-kidney connection during a woman's transition cannot be overstated. This connection governs the emotional aspects, as well as the role of blood in the transition and the over-all distribution of *jing* to the tissues. This connection is a primary consideration for issues of dryness.

FORMULAS THAT TREAT THE HEART-KIDNEY CONNECTION

Cinnamon D Formula has its origin in *Essentials from the Golden Cabinet* and is used to rectify the heart-kidney relationship when the *jing* has become deficient due to lifestyle or constitutional insufficiency. This formula is used to treat any symptoms that arise during a woman's transition when her constitution is weak and her lower warmer cold.

Two Immortals Formula is one of the most common formulas used to restore the heart-kidney connection and to ease a variety of symptoms during menopause. It is a modern formula, originally designed to treat menopausal hypertension utilizing traditional strategies. This is the only formula included here that directly strengthens the yang. It is indicated when both yin and yang are deficient. Two Immortals Formula equally supplements the yin and blood and also drains fire. As a regulator of the ren and chong vessels, it has a powerful effect upon the emotional issues that can arise while the *bao mai* is reversing its flow.

Heavenly Emperor's Formula supports the heart-kidney connection primarily by supplementing yin and blood and secondarily by calming *shen* and draining fire. It is the best of these formulas for supporting the production of body fluids. It is a commonly used formula for sleep disturbances that arise from yin and blood deficiency, and an effective formula for calming *shen*.

Rehmannia Six Formula is one of the most popular of all Chinese herbal formulas. As the primary formula for yin support, it is used extensively to regulate various changes that are the result of fluctuating and declining hormone levels. Though able to drain while it supplements, it is relatively weak for draining fire compared to Rehmannia and Scrophularia Formula. It is best used for "general" symptoms and presentations.



Supporting Women through “The Change”

The cessation of the *tian gui* (“Divine Water,” derived from kidney *jing*) influence in women is the result of declining energies and fluids and the body’s response to these declines. Specifically, it is the *bao mai* (uterine vessel) and its energies/fluids that are in decline. The *bao mai* includes the *zi gong* (uterus) itself, as well as the chong and ren vessels. The *bao mai* communicates intimately with the heart and has its source in the kidneys; the direction of flow in the *bao mai* during child-bearing years is from the heart (governing the blood) to the uterus.



When the *tian gui* begins to exhaust in a woman’s 7-year life cycles, it is first seen in the *yang-ming* as a decline of qi, blood, and postnatal *jing*. The result is a declining ability for the woman’s body to produce the abundance of blood needed to produce menses. In its role as the “mother organ,” the kidney will sense this decrease in production and attempt to support the deficiency with prenatal *jing* and kidney qi. This works for a while, but the body will not allow the continued consumption of prenatal *jing* and kidney qi for a non-vital structure. Instead, the *bao mai* will reverse its direction and begin flowing from uterus to the heart—what was once a course that represented a woman’s capacity to procreate becomes a course that represents her capacity to nourish her own spirit in order to provide wisdom.

This is how it is supposed to unfold, yet we all know that many things can make this a less than smooth transition. The present guide can be used as a reference for addressing the problems that may arise when a woman’s *tian gui* becomes exhausted.

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Thank you for your interest in our company.

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