

日期：2015 年 8 月 15 日

時間：18:00-18:40

活動名稱：台馬臨床中醫交流會議

Taiwan & Malaysia Clinical Conference of Traditional Chinese Medicine

主持人：馬來西亞吉隆坡中醫學院 許福才醫師

主講人：沈俐伶醫師 Li-ling Shen, M.D.

單位負責人：馬來西亞吉隆坡中醫學院 許福才醫師

參與者：中醫師、中醫醫學生

地點：馬來西亞吉隆坡中醫學院

臨床教學內容：Chinese medicine for irregular menstruation

摘要：

In Chinese medicine, we have regarded irregular menstruation into three main patterns, which are *vacuity pattern*, *blood heat*, and *blood stasis*. Therefore, we often use three kinds of the methods to cure the patients such as *supplementing qi*, *clearing the heat and cooling the blood*, and *quickenning the blood and transforming stasis*.

However, when we try to supplement qi, blood, yin, yan, we have to beware of the material of the true body. We have to keep *the balance of the material and the fluency of the qi* in order to direct the cycle of the menstruation.

Only under the direction of mention above can we consider the method of regulating cycle.