Breast Health in Chinese Medicine

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Biomedicine: Breast Anatomy

Reproductive Cancers

Stagnation

Blood

Phlegm

Damp

Deficiency

Blood

Qi

Yin & Yang

Toxicity/Heat

External

Internal

“The Perfect Storm”

Chinese Medicine: Breast Anatomy

Common Breast Disorders

- Premenstrual breast distention & pain
- Fibrocystic breasts
- Fibroadenomas
- Mastitis
- Breast cancer
Symptoms of low progesterone & relative estrogen dominance

- Breast swelling and tenderness
- Mood swings
- “Fuzzy thinking”
- Irritability
- Trouble sleeping
- Water retention
- PMS
- Weight gain
- Thickening of endometrial lining, clotted menses

Estrogen Dominance: The most common patterns of disharmony

Deficiency of KI yang or SP qi leads to stagnation of blood or fluids.

or

Stagnation of LIV Qi and or Blood leads to weak KI yang or SP qi.

Acupuncture

- Ren17, SI11, GB21, LI4, LV3, LV8 & ST36, Ren6
- PC6 & SP4 (chong), ST30
- SI11(B), PC6(R), SP4 (L), HT7(L), GB34(R), KI7(B)
- SI1 and breast shi point (w/ ion pumping chords)
- GB41, SJ5 (dai)
- Ren17, ST18 and ST34

Qing Shu Yi Qi Tang
(Clear summerheat & Boost the Qi Decoction)

- Huang Qi (Radix Astragali Membranacei)
- Ren Shen (Radix Panacis Ginseng)
- Cang Zhu (Rhizoma Atractylodis)
- Bai Zhu (Rhizoma Atractylodis Macrocephalae)
- Gan Cao (Mix-fried Radix Glycyrrhizae)
- Mai Men Dong (Tuber Ophiopogonis Japonici)
- Ge Gen (Radix Puerariae)
- Wu Wei Zi (Fructus Schisandrae Chinensis)
- Dang Gui (Radix Angelicae Sinensis)
- Chen Pi (Pericarpium Citri Reticulatae)
- Qing Pi (Pericarpium Citri Reticulatae Viride)
- Sheng Ma (Rhizoma Cimicifugae)
- Huang Bai (Cortex Phellodendri)
- Ze Xie (Rhizoma Alismatis)
- Shen Qu (Massa Medica Fermentata)

Self-Help Advice to Combat Estrogen Dominance

- Take care of your liver.
- Follow a hormone balancing diet by eating plenty of vegetables, adequate protein and some healthy fats.
- Make sure you eat enough fiber so that your bowels are able to eliminate excess estrogen.
- Eat cruciferous vegetables
- Avoid endocrine-disrupting chemical exposure
- Talk to your doctor about progesterone supplementation.
- Lose any excess weight and get regular exercise

Premenstrual Breast Pain

- Elevated estrogen
- Estrogen/progesterone imbalance
- Elevated prolactin
- Hormone allergy
- Hypoglycemia
- Vitamin B6 deficiency
- Lowered neurotransmitters
- Stress
- Family history of PMS
**Fibrocystic Breasts**

When examined under a microscope, fibrocystic breast tissue includes distinct components such as:

- Fluid-filled round or oval sacs (cysts)
- A prominence of scar-like fibrous tissue (fibrosis)
- Overgrowth of cells (hyperplasia) lining the milk ducts or milk-producing tissues (lobules) of the breast
- Enlarged breast lobules (adenosis)

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**Herbal combination to add to a formula to treat breast pain and benign lumps.**

- Qing Pi (P. Citri Viride)
- Gua Lou (Fr. Trichosanthis)
- Jie Geng (Rx. Platycodonis)
- Pu Gong Ying (H. Taraxaci)
**Topical wash for benign breast lumps**

- Bai Zhi (Rx. Angelicae Dauricae) 10g
- Ai Ye (Fol. Artemisiae Argyi) 10g
- Chi Shao (Rx. Paeoniae Rubra) 10g
- Chuan Jiao (Fr. Zanthoxyli) 10g
- Cong Bai (Bul. Allii) 3 pieces

*By eating too much thick, heavy foods or by bearing grudges, the portals (of the breast) will become blocked. As a cumulative effect of worry (which damages the spleen and liver by knotting or binding of the qì), a dormant node may develop, hard like a turtle shell (but) with no pain or itching. It takes more than 10 years to become a sunken sore, called suckling breast rock because it forms a depression like a rock cave.*

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**Phytoestrogens**

- **Whole grains**
  - rye, oats, barley, millet, rice, wheat, corn

- **Seeds**
  - buckwheat, sesame, sunflower, pumpkin, amaranth, quinoa

- **Beans**
  - yellow split peas, black turtle beans, baby limas, anasazi beans, kidney beans, soybeans

- **Fruits**
  - olives, cherries, grapes, apples, pears, peaches, plums, strawberries

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**Etiology of Breast Cancer:**

*Zhu Dan-xi*

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