

## Interpreting the signs and symptoms in pathology of the menstrual cycle to inform a more refined practice

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### Abstract

How do nature's rhythms, alongside life style and dietary influences, define hormonal health or pathology?

What is normal menstruation? How do we define what is considered a 'normal' cycle and what constitutes 'normal' menstruation?

An understanding of the intricacies of pathology can enhance our practice in profound ways. As acupuncturists we must learn to interrogate our patients effectively about their menstrual cycles. How do we elicit pertinent information to enable clear diagnosis in terms of the relative values of Qi and Blood throughout the cycle?

Adopting confidence in questioning and developing the ability to analyse the signs and symptoms can assist in the deeper energetic understanding of the female patient as a whole. Valuable diagnostic information is available to practitioners if we learn to interpret the subtle changes that manifest, not only in pathology, but in the normal rhythms of the cycle.

In this presentation Sarah will define the cycles in nature that influence the menstrual cycle and discuss how to analyse the signs and symptoms of pathology to enable the practitioner to provide refined treatments to enable good hormonal health.

### Biography

Sarah Major graduated from ICOM, in the UK in 1995 and gained further qualifications in Herbal Medicine from CICM and qualified as a Teacher in 2009 (Brighton University). She has lectured on various undergraduate and postgraduate courses and hosted numerous CPD programs to train acupuncturists in treating issues of gynaecology, fertility and pregnancy. As an active member of the British Acupuncture Council, she collaborates with members of the profession to ensure the highest standards of training in the UK. She is involved in a training program for Traditional Doctors in Myanmar (Burma) and travels regularly to educate and support the development of an Acupuncture unit at the Wachet Jivitadana Sangha Hospital in Sagang as well the development of an Acupuncture training academy in Mandalay.

11<sup>th</sup> International Conference on Traditional Medicine and Acupuncture | May 11, 2021

**Citation:** Sarah Major, Interpreting the signs and symptoms in pathology of the menstrual cycle to inform a more refined practice, Traditional Medicine 2021, 11th International Conference on Traditional Medicine and Acupuncture, March 11th, 2021, 10