

Postpartum Hypogalactia Modern Treatment of Traditional Chinese Medicine

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Abstract

Postpartum hypogalactia was postpartum clinical common disease, mainly in breastfeeding, maternal milk little, or no milk, enough to feed the baby. Modern medicine thinks, milk secreted by the body's neural and humoral regulation, hypothalamus and pituitary gland secretion of various hormones. Sucking and emptying of the breast is vital to maintain breast lactation. According to Chinese medicine, breast milk is produced by the body's qi, blood and fluids and depends on the flow of qi, which is the only way to produce enough milk to feed the baby. Maternal nutrition, sleep, mood can affect the normal secretion of milk juice. Breastfeeding is good for maternal and child are, in recent years, more and more get advocate and support. Hypogalactia of modern treatment has added new means and methods, including breast massage, "Three principles", that is, the earlier they touch, early sucking, opened early milk; Acupuncture and cupping therapy; Psychological nursing intervention; Low frequency pulse for instrument and other advanced equipment. This paper mainly on postpartum hypogalactia heal 1 healing progress were reviewed, in order to provide reference for clinical treatment, better exert advantages of modern treatment of traditional Chinese medicine.

Keywords: postpartum hypogalactia, etiology and pathogenesis, traditional Chinese medicine therapy, treatment based on syndrome differentiation

1. Introduction

Postpartum hypogalactia is a condition where the mother has very little or no milk to feed her baby during the breastfeeding period, also known as "insufficient milk", "no milk", "difficult milk", "little milk". These diseases tend to occur in 2 ~ 3 solstice after half a month, or even can occur during the entire lactation (Tan Yong, 2016). In recent years, the lack of milk of the young women. According to related

statistics, the incidence of postpartum hypogalactia was 20% ~ 30% (Zhang Yu, Peng Qiao, Mo Dongxia, et al., 2008), according to data from the global breastfeeding babies receive exclusive breastfeeding for up to six months less than 40% (John Bongaarts, 2016). Related research (Zhang MingLi, 2015) (Ye Dandan, 2016) shows that Chinese medicine treatment of postpartum hypogalactia total effective rate is 91.25% ~ 95.30%, the doctor of traditional Chinese medicine in the treatment of

such diseases have unique advantages, through the treatment based on syndrome differentiation, proprietary Chinese medicine and external treatment, body acupuncture, massage, ear acupuncture point massage, the herbal treatments, such as notable curative effect, more people choose the traditional Chinese medicine treatment of the disease. Based on this, this paper summarized the current situation of traditional Chinese medicine treatment of breast, and provide reference for clinical treatment.

2. Etiology and Pathogenesis

2.1 Deficiency of Both Qi and Blood

In the *Jing Yue Quan Shu*, it is said that “a woman’s milk is made by the qi and blood of the qi and blood ... If the milk is late after childbirth and the milk is little, it is due to the deficiency of qi and blood”. It is stated that qi and blood are closely related to the occurrence of breast deficiency diseases. In the book of *Fu Qingzhu Women’s Medicine*, it is said that “a newly delivered woman has a great deficit of blood ... and her milk is not dripping with juice, so her blood is less and her qi is weakened”. This shows that after childbirth, Yin and Blood are deficient, the vital energy is damaged, and if the qi is deficient and the blood is low, the milk will dry up easily. (Zhao Chunxing, Guo Xiaoxia, Liu Xin, Zhu Lihong & Liu Yani, 2017) The New Compilation of *Materia Medica* states: “When qi is active, blood is active; when qi is sufficient, blood is sufficient; when qi and blood are active, breast is active; when qi and blood are sufficient, breast is sufficient”. Qi and blood are Yang and Blood is Yin. Qi and blood are mutually supportive and dependent, one Yin and one Yang, with mutual roots and uses. If the spleen and stomach are weak, the ability to transport water, grain and essence is reduced, and there is a lack of qi and blood to moisten the internal organs, then there is no source of milk production, making it difficult to produce milk after childbirth.

2.2 Liver Depression and Qi Stagnation

In *Fu Qingzhu Women’s Medicine*, there is a saying: “... The milk does not flow. People think that Yangming’s fire is hot, but who knows that it is the stagnation of liver qi”. It is pointed out that the cause of the lack of milk is the stagnation of liver qi. In the *Hezhi Yu Lun*, it is stated that “the mother of a breast-feeding child does not know how to regulate it, and that anger is rebellious, and depression is suppressed”. It is

also pointed out that depression and anger, the seven emotions, the loss of liver control, liver qi stagnation, the inability of the qi of the sympathetic yin to flow, and the irregularity of the elevation of the qi, result in the blockage of the qi. The nipples are part of the Liver meridian of the Foot and the Liver collects Blood, which is the master of draining, harmonizing qi and blood and unblocking the Qi flow. The Yin and Blood collected by the Liver is dependent on qi to move and produce milk, which is secreted by the Liver’s drainage. After childbirth, women are often deficient, depleting Qi and injuring Blood, and the Liver is deprived of moistening, which affects the drainage function. (Yan Qingya, Wang Chunmei, Zhang Caixia, Tang Ling & Xiao Chengxi, 2021) Thus it can be seen that if the qi of liver and wood is relieved, the qi will flow freely and smoothly, the qi and blood will be harmonized, and the qi and blood of Yang Ming will flow freely, and so will the milk. 1.3 Phlegmy wet indicates lag.

2.3 Phlegm and Dampness Stagnation

Ji Yin Gang Mu says: “Women are fat, their qi and veins are stagnant and their milk does not flow”. If the spleen is deficient in transportation, phlegm and dampness will easily arise, obstructing the normal operation of qi and blood and congestion of the meridians, resulting in poor lactation and failure of breast milk. (Li Baiyu & Yan Ying, 2022)

2.4 Congenital Absence of Breast Milk

“Confucian’s Duties To their Parents” said: “the woman not the raw milk is not”. Breast developmental defect is insufficient, small flat, postpartum and there is no milk, not lactating in time, the treatment effect is little, the formulas or invalid. (Su Huisen, Yuan Yuan & Zhang Xiaodan, 2012)

3. Treatment

3.1 Treatment Based on Syndrome Differentiation

Postpartum hypogalactia disease diagnosis breast pain and milk thin and thick degree, supplemented by lingual arteries and veins and other clinical syndrome differentiation and treatment. (Zhang Yuzhen, 2002)

3.1.1 Tonifying Qi and Nourishing the Blood

Weakness of qi and blood can be seen clinically in the form of scanty milk after childbirth, thin milk, softness to the touch, lack of colour, tiredness and fatigue, and little food. The treatment is to tonify qi to promote Blood and to

promote lactation. This book, *Fu Qingzhu Women's Science*, uses Tonifying Dan to treat the disease, a medicine that tonifies qi and blood to produce milk. Angelica for blood and effective medicine in the party, and make the milk biochemical active, astragalus root, ginseng spleen yiqi; Dwarf lilyturf Yin fluid; Also is given it milk, platycodon grandiflorum drug-loading upward; Pig's feet as the flesh of the sentient beings is tasted, can increase the milk. "Three pole for a disease card theory": "virtual, when using a clock powder, pig's feet, genus of crucian carp", stalactites milk, pig's feet, crucian carp, benefit qi and blood. The Classical Evidence and Treatment of Treatment says; "If there is much labour and little milk ... Isogong San add Gui, Shao, Qi Zi, Shu Di, and Atropine". The formula strengthens the spleen, benefits the qi and harmonizes the stomach; angelica and peony nourish the blood; wolfberry and rehmannia nourish the liver and kidneys; and atractylodes can lower the milk. "Recorded in medical applications and the west": "zi milk soup less milk. Less milk because gas blood deficiency or meridians and blood stasis, clothing is a charm". In this formula, *Andrographis paniculata*, *Lutong* and *Wang Bu Liuxiang* are used to promote menstruation and lower breast milk, while *Radix Astragali* and *Angelicae Sinensis* nourish blood and benefit qi. "The Yi Zong Jin Jian": "postpartum massive hemorrhage less milk...Attached to the party: flavored soup". One of whole blood and nourish Yin lactation, siwu decoction blood enriching the blood, cowherb seed, pig lactation, also menstruation and *radix trichosanthis* heat fluid. (Jiang Deyou, Gao Shan, Tong Danlei & Zhou Xueming, 2022)

3.1.2 Liver Resolve Depression

Liver depression and qi stagnation type is clinically seen in the postpartum breast less, breast pain, emotional depression, loss of appetite. Treatment is to dredge the liver. The treatment should be to relieve the liver and relieve the depression, and to pass through the channels to lower the breast. It is mentioned in *Fu Qingzheng's "Female Medicine"*: "The treatment should be to greatly relieve the qi of the liver and wood. ... The name of the formula is Liver and Lactation Soup". In this formula, *Chai Hu* relieves liver depression, *Angelica sinensis*, *Mai Dong*, *Bai Shao* and *Shu Di* nourish Yin and nourish Blood. The formula is supplemented with fried round-grained rice,

which can transform milk. The addition of fried round-grained rice, which can dissolve breast milk, can help to relax the liver and promote the flow of blood to lower breast milk. (Liao Yu & Yao Lingfei, 2014) The formula "Qing Tai Hospital Formula" contains the formula for lowering breast *Chung Chuan San*. In this formula, *Chai Hu* and *Qing Pi* dredge the liver, *Radix Platycodon grandiflorus* regulates the qi, *Bai Zhi* relieves the symptoms and dispels the wind, *Tian Tian Fan* and *Sheng Di* produce fluid, *Angelica sinensis*, *Bai Shao* and *Chuan Xiong* nourish the Blood. *Radix Angelicae Sinensis*, *Radix Paeoniae Alba* and *Rhizoma Ligustici Chuanxiong* nourish the Blood and invigorate the Blood, while *Radix Polygala*, *Wang Bu Liu Xing*, *Tong Cao* and *Leucaena Lactucida* promote breast milk. The qi of Liver and Wood is connected. When the blood of Yangming is open, the breast is also open.

3.1.3 Strengthening the Spleen and Resolving Phlegm

The phlegm-damp congestion type is clinically seen with little or no milk, obesity, chest tightness, vomiting, and loose bowel movements. (Qu Shuyan, 2010) The treatment is to strengthen the spleen and resolve phlegm, and to pass through the meridians to lower the milk. The treatment is to strengthen the spleen and resolve phlegm, and to clear the channels and lower the milk. In this book, *Jing Yue Quan Shu*, it is written that "for obese women with phlegm congestion, breast stagnation does not come, it is advisable to use *Leaky Lu Tang* or the like". In this formula, *Leulu*, *Tongcao*, and *Stellaria* are used to clear the ligaments and lower the breast, and millet is used to benefit qi and tonify the middle. The whole formula clears heat and promotes lactation. In the treatment of phlegm-damp congestion type of postpartum breast deficiency, *Sun Xiaohui* used the formula of *Er Chen Tang* combined with *Xie Wu Yuan Yuan Quan San* plus reduction. (Sun Xiaohui, Li Zhiyuan, Yang Menghuan, et al., 2020) *Qi Hui Min* believed that phlegm and dampness obstructed the breast milk, so *Er Chen Tang* was used. (Qi Huimin, Hou Yuhua & Li Xiaoyan, 2010)

3.2 Proprietary Chinese Medicine

Proprietary Chinese medicine as one of the method of postpartum hypogalactia, against the patient's different symptoms, syndrome differentiation and treatment, by appropriate

drug treatment, as shown in table 1.

Blood and milk particles used in the treatment of qi and blood due to weak postpartum hypogalactia. Liu, H. Z. (Liu Haizhi, Lin Xiaowen, Li Ruiman, et al., 2016) used methotrexate treatment. The total effective rate of the observation group was 98% and the total effective rate of the control group was 80%. The total effective rate of the observation group was 98% and the total effective rate of the control group was 80%, and the incidence of adverse reactions in the observation group was 6%, which was lower than that of the control group, which was 28%. The results showed that the use

of blood tonic and lactation pellets in the treatment of postpartum breast deficiency was more effective than that of methotrexate, and the effect was significant. According to Song Jian (Song Jian, Pu Cunhai & Sun Bo, 2013), Breast Spring Granules can lower breast milk, invigorate blood, and regulate menstruation, and can be used to treat the liver-depression-qi stagnation type of breast deficiency with good therapeutic effects and no adverse effects. Xiang Sha Liu Jun Wan can be used to treat phlegm-dampness congestion type of breast deficiency due to spleen deficiency and phlegm-dampness.

Table 1. Type proprietary Chinese medicine and its indications

Card type	Common proprietary Chinese medicine	Composition
Weak qi and blood type	Blood and Lactation Granules	Astragalus, Radix Angelicae Sinensis, Radix Paeoni ae Alba, Poria, Rhizoma Chuanxiong, Citrus Aurantium, Radix Platycodon, Wang Bu Liuxing, Licorice
Liver depression and qi stagnation type	Milk Spring Granules	Wang Bu Liuxing, Andrographis paniculata, Smallpox powder, Glycyrrhiza glabra, Angelica sinensis, Leucospermum
Phlegmy wet type indicates lag	With six jun pill	Combination, amomum villosum, dangshen, atractylodes, tuckahoe, liquorice, dried tangerine or orange peel, half in the summer, ginger, jujube

3.3 External Treatment Method

3.3.1 Topical Application

Han Yanrong (Han Yanrong, Han Yanhua & Wei minmin, 2018) used 1 Kg of mannitol powder in a cloth bag and applied it to both breasts separately and fixed it with gauze to avoid displacement, the area could be chosen to be 2-3 cm larger than the swelling area and about 5 mm thick. In addition, hot water, onion soup, Chen Pi decoction fumigation outside the breast, this method can be used to promote qi and blood, for the treatment of postpartum lack of milk liver depression and qi stagnation; glutinous rice appropriate amount of boiled, and onion appropriate amount of pounding, hot breast; soap pods 4 to 9g, fresh leaves appropriate amount of pounding outside the breast, can be used to treat postpartum milk less.

3.3.2 Body Needle

The acupuncture treatment for postpartum

breast deficiency has been recorded in ancient Chinese medical texts, and the “Acupuncture and Moxibustion Dacheng” says: “No breast, Tanzhong, Shaozhe, these two points are very effective”, pointing out that two acupuncture points, Tanzhong and Shaozhe, are very effective in the treatment of breast deficiency. The clinical acupuncture points for the treatment of postpartum breast deficiency according to different types of evidence are shown in Table 2. According to He Junqin (He Junqin, Chen Baoying, Huang Tao, et al., 2008), acupuncture of the Tanzhong acupuncture point can effectively promote the secretion of milk, and acupuncture of the Tanzhong can cause the Ren vein to pass, prompting milk to flow down the meridians, with the effect of opening the orifice and regulating qi and blood. Cui Yinghua (Cui Yinghua, 2007) used acupuncture to treat this disease by taking the Breast Center, Tanzhong, Taichong points, Shaozhe, and Neiguan, and by using the diarrheal method,

taking the Foot Sanli, Breast Root, Tanzhong, and Spleen Shu, with both moxibustion and

diarrhea.

Table 2. Acupuncture main points and their matching points for different types of evidence

Card type	The main point	Match point
Weak qi and blood type	Tan Zhong, Jian Jing, Ru Gen, Shao Ze	Qihai, zu san li, hegu, san yin jiao
Liver depression and qi stagnation type	Tan Zhong, Jian Jing, Ru Gen, Shao Ze	Tai Chong, Qi Men, Gan shu, and Interdigitator
Phlegmy wet type indicates lag	Tan Zhong, Jian Jing, Ru Gen, Shao Ze	Fenglong, Zhong guang

3.3.3 The Massage

Massage therapy in the treatment of traditional Chinese medicine is the main method of postpartum hypogalactia, more recognized in the clinical treatment, massage can promote a large number of milk secretion, can make the milk under difficult diseases are safe and effective treatment. (Hou Yuping & Liu Mei, 2020) Breast massage in operation should first use a warm towel on the breasts for about 5 minutes, and then massage for 10-20 minutes. In this method can also be used to massage acupuncture points, such as Shaoze, Jian jin, Tanzhong, Hegu, Quchi points. (Wang Jian, Yang Liang & Sun Jie, 2020) Zeng Caixian (Zeng Caixian, Wu Xiaoyan, Huang Shanling, et al., 2020) randomly divided 460 cases of breast deficiency patients into a study group and a control group, the control group used conventional care, and the study group was treated with acupressure points on the basis of conventional care, pressing Tanzhong, Ruzhong, Rugen, Tianchi and Shen Feng. The effective rates of treatment in the study group and the control group after treatment were 91.3% and 81.3%, respectively, and the overall intervention effect of the study group was significantly better than that of the control group, which showed that acupressure could make the patients secrete breast milk effectively. After producing hypogalactia patients can make through point massage milk secretion to increase, the milk sticky situation and breast filling degree of improvement. (Qing Yanbing, Liu Lihui, Yu

Kaiying, et al., 2021)

3.3.4 Ear Acupuncture Points

According to the Ling Shu, “the ear is the place where the clan and veins are gathered”. Ear points are related to the internal organs and meridians of the body, and diseases can be treated by finding the corresponding reflex zones on the auricle and stimulating them accordingly. (Liu Xiufang, Liang Huijuan & Wu Yuehong, 2022) Yali Xie (Xie Yali, Zhang Yinlian, Kong Yajun, et al., 2021) used auricular acupressure with Wang Bu Liu Xing seeds combined with low-frequency pulses to treat postpartum lactation, and this method can effectively promote lactation and increase the amount of postpartum lactation in patients, in addition, it can also increase the breastfeeding rate, which is a treatment technique worth promoting.

3.4 Medicinal Food

Medicinal food is guided by the basic theory of traditional Chinese medicine, and made by our unique dietary cooking methods. (Qiu Jin Shen, Liu Zhi Yong, Chen Li, et al., 2022) “Feng’s Secret Recipe of the Golden Bag” contains: “Breast milk is composed of blood and qi, and salt should not be eaten after birth, because salt can stop the blood and make the mother have no breast milk”. The “Women’s Complete Formula”: “Women should drink more porridge after giving birth.” Part of the treatment of postpartum hypogalactia medicinal food and its composition, as shown in table 3.

Table 3. Medicinal food and its composition for the treatment of postpartum hypogalactia

The researchers	Medicinal food	Composition
Zhang Suie (Zhang	Herbal Soup for qi and	Radix Codonopsis pilosulae, Radix Astragali,

Sui'e, 2010)	blood Dietary soup for promoting lactation	Jujube, Ginger, Brown sugar, Egg Dietary soup for promoting lactation
Jin Yan (Jin Yan, Ji Zhemin, Li Cong, et al., 2017)	Lettuce seeds and glutinous rice porridge Pig's feet worship tofu soup	Lettuce seeds, glutinous rice, raw licorice Pig's feet, scallions, bean curd, rice wine
Hu Xianguo (Hu Xianguo, 2003)	Prince's ginseng and pig's trotters soup Ginseng and Shanjia with Chicken Yam and Milk Pork Soup	Radix ginseng, fresh yam, pig's trotters Ginseng, Chinese wild ginseng, rooster Yam, mutton, ginger, milk

3.5 Other Treatments

Lin Dan (Lin Dan, Chen Yuping & Wei Ping, 2020) believed that Gua Sha can eliminate stasis and disperse nodes in the treatment of milk deficiency after delivery, and through the stimulation of the veins and collaterals, which leads to a significant effect on the secretion of milk and the smooth discharge of milk. In addition, Lei Yanlin (Lei Yanlin & Cao Bihua, 2021) believed that moxibustion can eliminate stasis and disperse nodules, move qi and activate blood, and is a clinically useful method because it is non-invasive to operate, has no toxic side effects, does not require medication, and is easily accepted by the mother.

4. Conclusion

As mentioned above, Postpartum hypogalactia is caused by weakness of qi and blood, liver depression and stagnation of qi, phlegm and dampness, which obstructs the flow of milk and makes it difficult to discharge smoothly. There is a difference between deficiency and actuality, and the treatment should be based on evidence, including the use of Chinese medicine, acupuncture, massage, ear acupuncture, medicinal food, low-frequency pulse therapy instrument and other therapeutic means. Especially, the new modern means of intervention can better solve the problem of Postpartum hypogalactia, guarantee the healthy growth of the baby, and effectively improve the clinical treatment level of lack of breast milk.

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