

Fibroids and Acupuncture

In eastern medicine endometriosis and fibroids are both considered processes of inhibited, stagnated uterine blood which doesn't flow freely. Uterine Fibroids or myomas are benign tumors found in approximately 20% of women over 35 years of age. Uterine myomas are the most common neoplasm of the female reproductive organs, and are associated with menstrual pain, heavy menstrual bleeding, and fertility problems.

Fibroids may impair conception if they obstruct the uterine cavity or the entrance into the uterus from the fallopian tubes.

One Chinese study conducted by Zhongli and Shurong used Traditional Chinese Medicines to treat 223 cases of uterine fibroids. All patients had conspicuous symptoms and were diagnosed clinically by pelvic examination and confirmed by ultrasonography. The herbs were administered after menstruation. The authors reported a 72% reduction in the quantity of menstrual blood. Symptoms like abdominal pain, leukorrhea, and backache were improved in 58.8%. The overall effectiveness rate was 92.4%. Myomas completely disappeared in 13% of the cases, were markedly diminished in 29%, slightly reduced in 19%, and unchanged in 28%.

Acupuncture and acupressure are also recommended in the treatment of fibroids, using those points recommended for blood stasis and the uterus. The stimulation provided by the acupuncture has been found to induce the regression of pathologic proliferating cells locally. Tumor factors at a distally stimulated acupoint which control and prevent local overgrowth of regenerating and proliferating cells (those that invigorate the blood) also systemically affect the growth of distant tumors.