

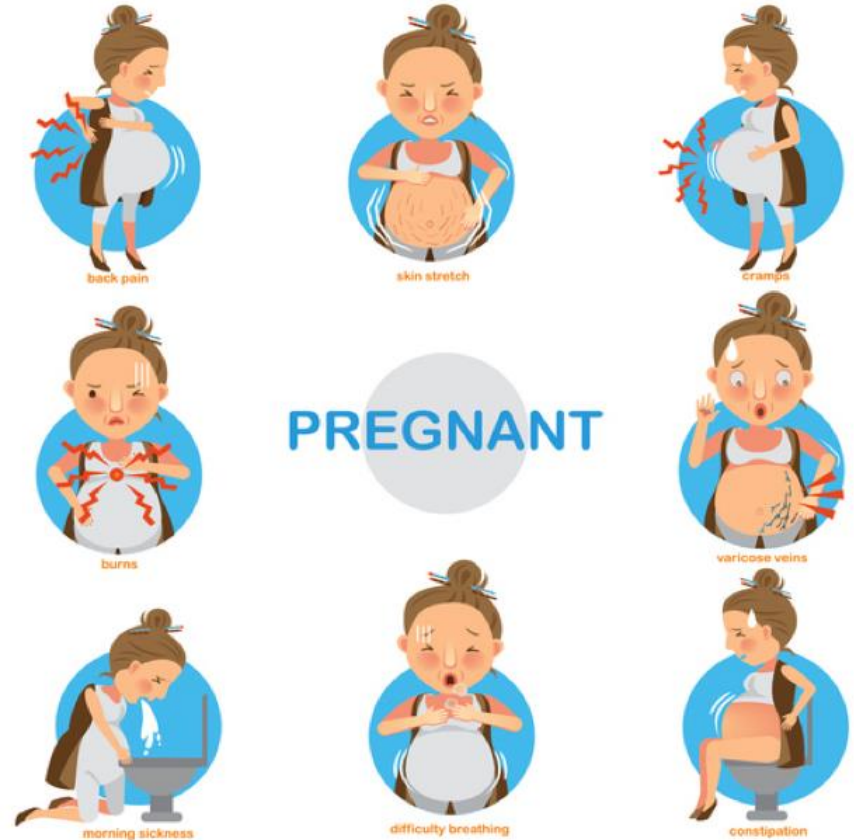
# TCM Pregnancy Reflexology



**Conditions in Pregnancy from a  
Chinese medicine perspective**

# Introduction

- Background
- Main organs involved
- Central vessels
- Heart and Kidney-  
Uterus meridians
- Conditions



# Traditional Chinese Medicine

**Traditional Chinese medicine (TCM)** is a broad range of **medicine** practices sharing common concepts which have been developed in China and are based on a **tradition** of more than 2,500 years, including various forms of herbal medicine, acupuncture, massage & touch therapy, exercise, and dietary therapy.

# Three Treasures of TCM

## Qi, Jing, and Shen in Chinese Medicine

- **Essence** or **Jing**, is the source of life it is stored in the kidneys.
- **Qi** gives us the ability to activate and move our bodies and it the most refined Treasure.
- **Shen** is the most subtle of the Three Treasures. The Shen represents the forces that shape our personality including mental and spiritual aspects. Housed in the heart.

# There are several different types of Qi

- Qi is a refined substance produced by the internal Organs, to nourish the body, mind and spirit (its form varies according to its location and function).
- Its not separate from our physical form just different manifestations.
- Organ Qi governs the functions of each organ.

# Uterus - Bao Gong

- Uterus is one of the extraordinary organs.
- It regulates menstruation, conception and pregnancy.
- In women the Uterus is called the Bao Gong (literally “Palace of the Child”).
- It also supports breastfeeding.

# Main Organs roles in Pregnancy

- **Kidney:** Governs hormones and the whole reproductive process, as they relate to our essence. Sends energy to the uterus to govern foetal development.
- **Spleen ( Spleen/Pancreas):** Has a holding action. Holds the blood in the vessel and the foetus in the uterus.

# Main Organs roles in Pregnancy

- **Liver:** Has a strong relationship to blood and the movement of blood. It naturally becomes fuller in pregnancy due to the conservation of menstrual blood. It relates to smooth flow of emotions and relates to hormone Relaxin.
- **Heart:** governs the blood and has an emotional connection the the foetus.



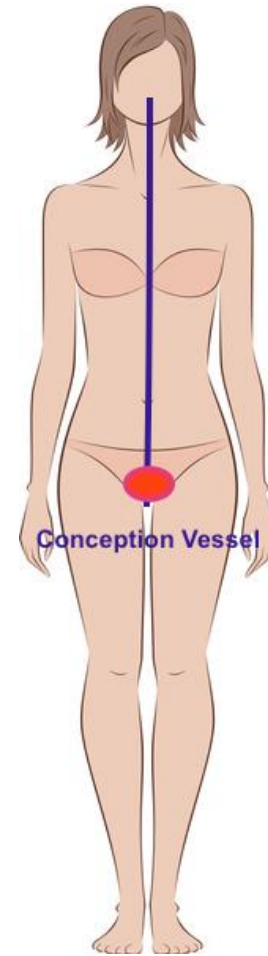
# Penetrating vessel (Chong Mai)

- As one of the *Extraordinary vessels* .
- *Sea of blood*.
- *Strong relationship to the uterus and its functions.*

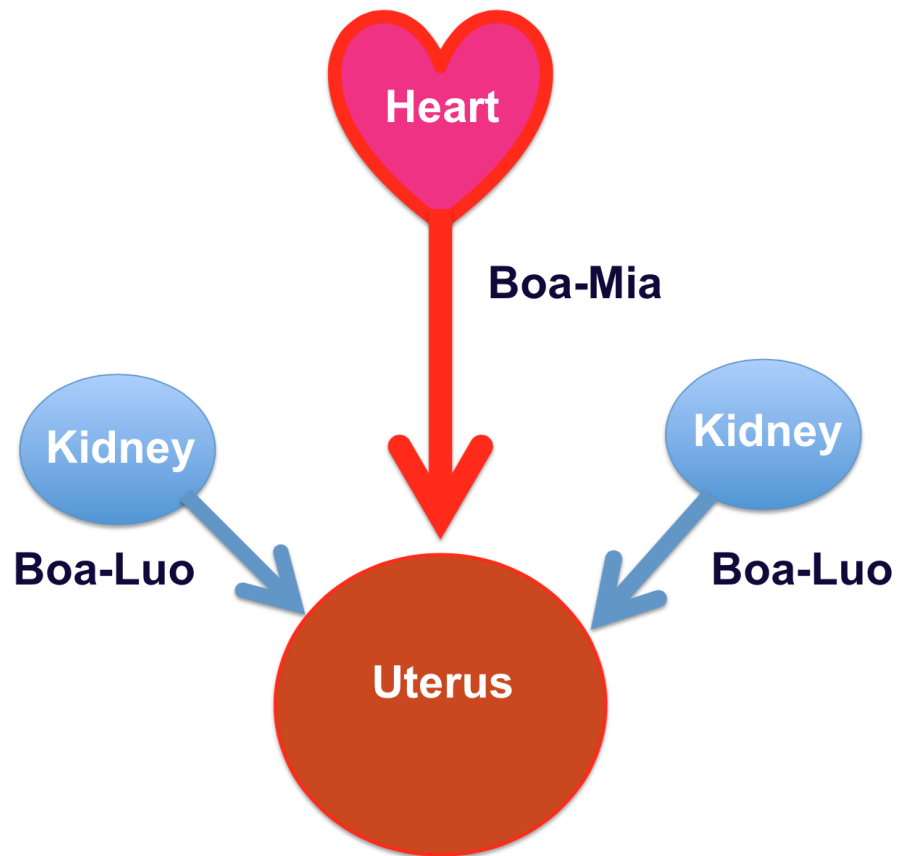


# Conception Vessel

- As one of the *Extraordinary vessels*.
- *Is known as the sea of Qi. Regulates the Yin meridians.*
- *Strong relationship to the uterus and its functions.*



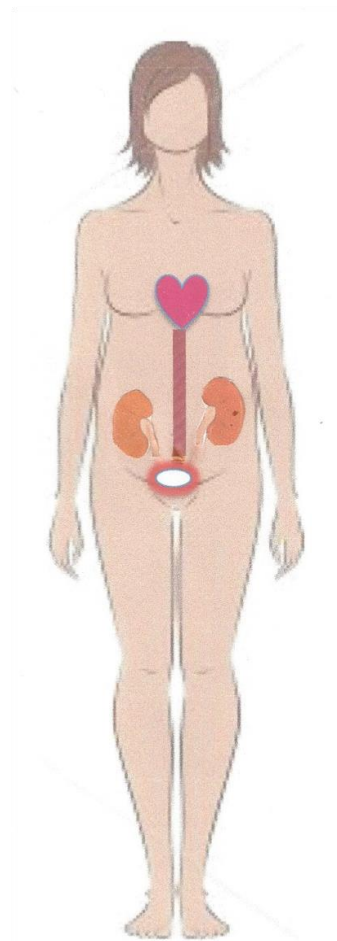
# Heart-Uterus    Kidney-Uterus Meridians



# Heart-Uterus **Kidney-Uterus** Meridians

## Heart –Uterus

Heart- uterus meridian sends blood and energy down to the baby.  
It also supports the emotional connection to the baby.



## The Kidney- Uterus

Supports the supply of essence to the uterus  
It therefore is very important in supporting the growth of the foetus in pregnancy.

A simple way of working both of these meridians by linking the reflexes and holding them simultaneously.

# Specific Conditions

- **Morning sickness**
- **Heartburn**
- **Constipation**
- **Varicose Veins and Haemorrhoids**
- **Leg cramps and twitchy legs**
- **Anxiety**
- **Insomnia**

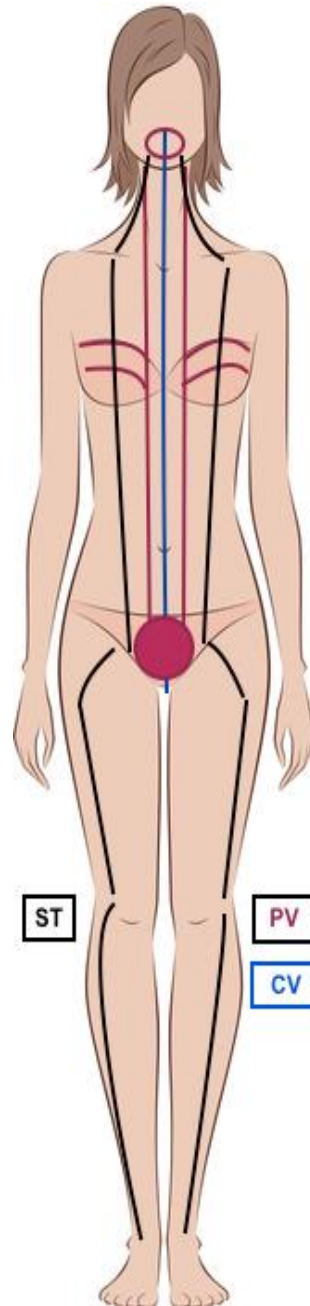
# Morning sickness

When menstruation stops at conception this energy is transferred to send blood and energy down to the baby. This happens via the PV and HT-UT.

In the first trimester when the foetus is too small to use all the blood and energy it disrupts the flow of energy in the body and causes stomach energy to rise and the mother may feel nauseous.

# Morning sickness

- The severity of the morning sickness will be affected by the pre-condition of the women's digestive energy.
- Weak Stomach and Spleen - usually milder.
- Liver Qi stagnation - usually stronger vomiting.

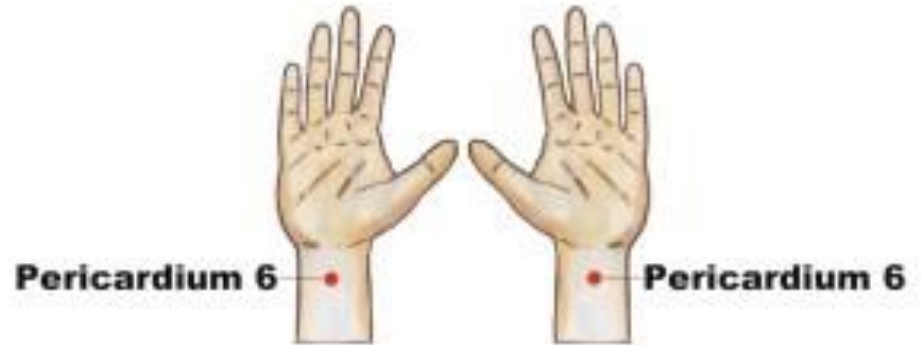


Working down the spine reflex to the uterus help harmonise this process. As it relates to the PV & CV internal channels.



# Why is Pericardium 6 is good for morning sickness

- Three finger width from the wrist crease between the tendons.
- This is the coupled point of the penetrating vessel this is why it can be beneficial for morning sickness.



# Heartburn

- Heart burn is so common in pregnancy due to the hormones disruption of the Stomach qi's downward flow.
- The relaxin affecting the cardiac sphincter.
- The growing baby constriction of the digestive organs.
- Work the Digestion reflexes down to encourage the down flow of stomach Qi . Gentle release on liver energy. **Work PV, P6 and St 45**



# Support the Digestive System

- Avoid too many cold foods these are raw foods
- Foods like Ice cream are very cold to the system
- Avoid greasy food
- Refined sweet foods
- Eat at regular intervals keeping oat or rice cakes on them is a good idea as a back up.

# Constipation

- Diet is a main factor. The excessive consumption of hot foods dries up fluids of the Stomach and Intestines and may cause constipation by drying up the stools so they cannot be moved properly.
- Excessive consumption of cold food may block Spleen function so stools cannot be moved down.
- Lack of fibre or emotional stress - affects bowel movements, especially Liver and Spleen.
- Progesterone and relaxin, causes relaxation of muscles of intestines, and slows down bowel movements.
- Working the whole of the intestines with thumb walking / gentle rotations and rocking can be very effective. **Include liver work.**

# Varicose Veins and Haemorrhoids

- Pregnancy is a taxing of SP energy - SP holds blood in vessels
- Spleen function of holding the blood in the vessels is impaired. Support the spleen reflex and lymphatic work zone 5.
- Haemorrhoids: Work with SP also in Zone 1 connect anus to the top of the big toe. This support the energy holding the vessels up.

# Oedema

- There is a Natural Increase in the mother's extracellular fluid
- Oedema - occurs in approx. 50% women towards term This is only a problem if accompanied by hypertension and proteinuria.
- Excessive physical work may weaken Kidney Yang
- Oedema of the feet is also caused by pressure of the uterus on pelvic veins. Lots of kidney spleen and pelvic work.
- Oedema of the face or fingers can not be explained by gravity, alert to possibility of hypertension – but if all ok then supporting lungs and diaphragm will really help fluid in the upper body.

# Leg cramps and twitchy legs

- Often linking to bladder meridian constriction due to the uterus.
- Tired kidney energy.
- Work spine, zone 5 and calve work.
- Hold the bladder and kidney reflexes Kidney 1.
- Look at hydration and iron levels.

# Insomnia

- **Disruption to the Hormones, Heart and shen.**
- Hold the heart reflex and HP 6.
- Pineal and hypothalamus work link to kidney's  
. K1
- Heart and Kidney Uterus holds.





# Anxiety

- Overwork - aggravates Yin condition - leads to empty Heat, which harasses Heart and Mind
- Emotional problems and poor diet, would affect the Penetrating Vessel,- because of Blood and Essence being diverted to the Foetus.
- This would be characterised by feelings of anxiety, especially experienced in chest and throat.
- Use heart reflex and HT-UT holds and PV /CV work. P 6 & K1

# Thank you

