



Fact Sheet

Miscarriage

Spontaneous and habitual abortion

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One in six pregnancies in women under the age of 30 will end in spontaneous abortion (miscarriage). For women between the age of 30 and 40 the number increases to one on five and over the age of 40 to one in four. Many of these miscarriages are the result of Mother Nature's quality assurance system preventing abnormal foetal development continuing. However in many cases the cause is insufficient maternal health to sustain the pregnancy.

Orthodox Medicine Treatment

In orthodox medicine the main causes of spontaneous abortion is chromosomal defects, acute infections, endocrine disorders, uterine defects, and toxicity. Auto immune disorders are also known to cause miscarriage. Recurrent spontaneous abortion is usually defined as due to genetic abnormalities in either the female or male partner. There are limited treatment options available in orthodox medicine currently. Usually Progestogen or hCG hormones are administered and sedatives are also sometimes prescribed.

Chinese Medicine Treatment

In modern Chinese medicine three or more recurrent miscarriages is termed 'slippery foetus syndrome'. Women with a history of infertility or early menstrual periods due to luteal phase deficiency are far more likely to suffer from this condition. This syndrome is most common in women in their mid to late 30's and early 40's where kidneys are starting to weaken. This condition is often compounded by the stress of demanding careers and often, the emotional frustration of dealing with infertility. These emotional pathologies aggravate the underlying weakness increasing the probability of repeated miscarriages even further. In modern Chinese obstetrics, the kidneys are responsible for conception and growth of the foetus and for relaxation and contraction of the uterus in normal menstruation and labour. Deficiency in spleen or kidneys qi will therefore endanger a pregnancy. Excessive heat from the foetus and deficiency in maternal blood also result in a higher risk of miscarriage.

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Five pathological patterns are responsible for miscarriage. Therefore each patient must be diagnosed individually to determine which of the patterns applies in her particular case.

Kidney deficiency

Spleen deficiency

Blood deficiency

Kidney/spleen deficiency & Blood deficiency

Blood heat

There are two treatment approaches for patients with a history of habitual miscarriage a) prophylactic treatment which is given before conception to strengthen the kidneys and or blood to reduce the chances of miscarriage and b) remedial treatment given to patients showing any signs of threatened miscarriage post pregnancy.

Approach a), this condition requires preventative treatment, patients are required to use contraception for 6 full menstrual cycles, since the herbal medicinals used often are contraindicated in pregnancy and also the body needs this time to build up Qi and Blood sufficiently to support a successful pregnancy.

Approach b), strong medicinals are used for a short time to stop bleeding, boost qi to try to prevent an imminent spontaneous abortion.

Our Female Healthcare Philosophy

At the Women's Natural Health Practice we specialise in providing comprehensive natural gynaecological, obstetric and general female healthcare from adolescence to post-menopause.

Our approach is to integrate techniques in both oriental and western medical diagnosis in order to formulate a naturally oriented treatment plan combining herbal medicine, nutritional therapy, acupuncture, exercise and lifestyle. Treatment plans are tailored specifically to each individual woman maximising results.

Please email us at enquiries@naturalgynae.com with questions, we are more than happy to provide any information that will assist you in deciding which treatment approach would be best for you.