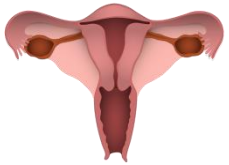
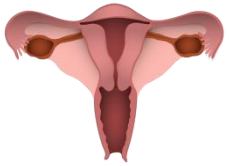
疏泄（肝）と固摂（脾・腎）の胞宮における影響のイメージ図

月経中



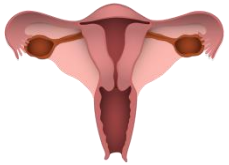
疏泄＞固摂
疏泄★★★★★
固摂★
特徴：経血の排出

D４~月経終了



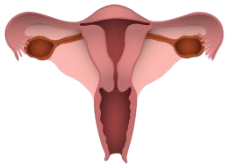
疏泄＞固摂
疏泄★★★★★
固摂★★★
特徴：経血排出と気血貯蔵

月経終了~排卵前



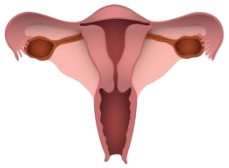
固摂＞疏泄
疏泄★
固摂★★★★★
特徴：気血の貯蔵（定量/1:1 の法則）→気超過

排卵



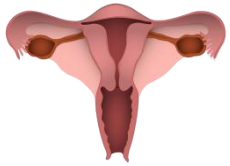
固摂＞疏泄
疏泄★★★
固摂★★★★★
特徴：活動力 up→頸管粘液排出、卵胞移動

受精~着床



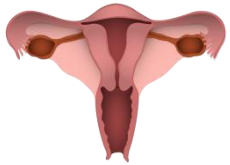
固摂＞疏泄
疏泄★★★★
固摂★★★★★
特徴：受精卵の移動、分裂、潜り込み

着床後~



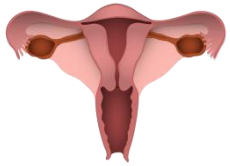
固摂≧疏泄
疏泄★★★★★
固摂★★★★★
特徴：胎児の育成

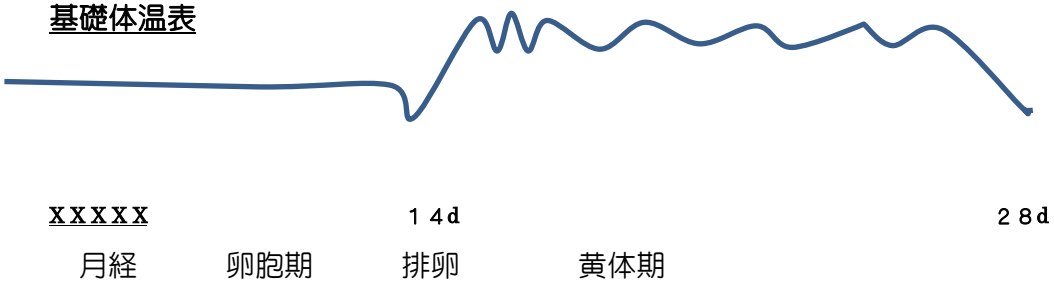
非受精~月経前



固摂≧疏泄
疏泄★★★
固摂★★★★★
特徴：乳房脹痛、PMS

月経直前



疏泄≧固摂
疏泄★★★
固摂★★★
特徴：月経の予兆

基礎体温表