



ACUPUNCTURE TREATMENT IN COUPLE FACING INFERTILITY

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ABSTRACT

Living in the 21st century is becoming pretty stressful and more young couples are getting fertility problems, being not able to conceive. Acupuncture as part of the Traditional Chinese Medicine (TCM) and as a treatment for fertility, is not only a way to relieve stress, anxiety and depression when patients are trying to conceive, but it also increases fertility and the chances of getting pregnant. In this article is presented a case of couple facing infertility for over a year. The male patient, aged 32, has a normal spermogram (semen analysis) with normal findings and no previous illnesses. The patient has done 7 acupuncture treatments. The female patients, aged 30, is diagnosed with polycystic ovarian syndrome, with irregular menstrual cycle and slightly elevated LH hormone. The patient has done 7 acupuncture treatments. After 3 months of treatment, the patient became pregnant. Acupuncture points used in the treatment are: LI4 (HeGu), GB34 (YangLingQuan), HN1 (SiShenCong), ST36 (ZuSanLi), LR3 (TaiChong), SP9 (YinLingQuan), SP6 (SanYinJiao), DU14 (DaZhui), RN13 (ZhongWan), RN7 (QiHai), RN4 (GuanYuan), RN2 (QuGu), GB20 (FengChi), ST29 (GuiLai), ST25 (TianShu), BL18 (GanShu), BL19 (DanShu), BL25 (DaChangShu), BL20 (PiShu), BL21 (WeiShu), and BL32 (CiLiao). Acupuncture for fertility, both in men and women, shows great results. The treatments is effectively used to restore fertility in patients, improve the function of the reproductive organs and balance the hormones.

KEYWORDS: infertility, acupuncture, traditional Chinese medicine, gynecology.

INTRODUCTION

Polycystic ovary syndrome (PCOS) is a very common endocrine disorder among women in reproductive age that causes infertility problems. PCOS is characterized with irregular period, light periods, infertility, ovary cysts, excessive hair growth, mood changes and other. In patients with PCOS there is an increased gonadotropin-releasing hormone (GnRH) pulse frequency, which in turn causes hypersecretion of luteinizing hormone (LH). High levels of LH disturb the normal follicular growth and follicular maturation and impairing normal follicular development. There are a lot of studies reporting that hypersecretion of LH was found in women with PCOS. The reduction of LH is essential for treating infertility due to PCOS.^{[1][2][3]}

Living in the 21st century is becoming pretty stressful and more young couples are getting fertility problems, being not able to conceive. Acupuncture as part of the Traditional Chinese Medicine (TCM) and as a treatment for fertility, is not only a way to relieve stress, anxiety and depression when patients are trying to conceive, but it also increases fertility and the chances of getting pregnant.^{[4][5]}

Acupuncture treatment is a main component of the TCM for centuries and nowadays is used very common alongside treatments for fertility, with aim to boost the chances of successful outcome.^[6]

Acupuncture treatment helps in the regulation of the emotional, physical, spiritual and mental balance. Acupuncture also helps the modern reproductive treatments (like IVF), to work more efficiently. The treatment enhances fertility and blood flow to certain organs, promotes relaxation, opens up the supply of fresh blood to the reproductive organs, restores the flow of the Qi/the body energy, increases the sense of the well-being and has a very calming and restorative effects on the patients.^[5]

Case Report

In this article is presented a case of couple facing infertility for over a year. The male patient, aged 32, has a normal spermogram (semen analysis) with normal findings and no previous illnesses. The semen analysis results are presented in table 1. The patient has done 7 acupuncture treatments.

The female patients, aged 30, is diagnosed with polycystic ovarian syndrome, with irregular menstrual cycle and slightly elevated LH hormone. The results from the test analysis are presented in table 2. The patient was prescribed Metformin for one and a half year. The patient has done 7 acupuncture treatments.

After 3 months of treatment, the patient became pregnant.

The treatments were done once weekly, in a clinic for Traditional Chinese Medicine and acupuncture in Skopje, Macedonia, by a doctor specialist in acupuncture. Treatments were made indoor, with

duration of 30-45 minutes each side of the body. In the treatment were used fine sterile disposable needles sized 0.25x25 mm manufactured by Wuijuiang City Medical & Health Material Co., LTD.

Both patients are treated on the same acupuncture points. Acupuncture points used in the treatment are: LI4 (HeGu), GB34 (YangLingQuan), HN1 (SiShenCong), ST36 (ZuSanLi), LR3 (TaiChong), SP9 (YinLingQuan), SP6 (SanYinJiao), DU14 (DaZhui), RN13 (ZhongWan), RN7 (QiHai), RN4 (GuanYuan), RN2 (QuGu), GB20 (FengChi), ST29 (GuiLai), ST25 (TianShu), BL18 (GanShu), BL19 (DanShu), BL25 DaChangShu), BL20 (PiShu), BL21 (WeiShu), and BL32 (CiLiao).

Table 1. Semen analysis results (Normozoospermia).

| Analysis | Results | WHO normal range |
|---|----------|---------------------------|
| Volume (ml) | 4.0 | >1.5ml |
| Liquefaction | complete | |
| pH | 7.6 | 7.2-7.8 |
| Sperm motility (%) | | A+B>32% |
| Rapidly linear (A) | 30% | |
| Slow linear (B) | 30% | |
| Non-progressive (C) | 20% | |
| Immobile (D) | 20% | |
| Concentration (x10 ⁶ /ml) | 24.0 | >15 x 10 ⁶ /ml |
| Total number of sperm in the ejaculate (x10 ⁶ /ml) | 96.0 | >39 x 10 ⁶ /ml |
| Sperm morphology: | | |
| Normal | 36% | >5% |
| With head changes | 32% | |
| With neck changes | 26% | |
| With tail changes | 12% | |
| Leukocytes | Rarely | |
| Other round cells | Rarely | |
| Agglutination | Yes | |

Table 2. Test results from hormonal analysis.

| Analysis | Results | WHO normal range |
|---------------|-------------|------------------|
| FSH | 6.8 | 1.98-11.6 mIU/ml |
| LH | 11.7 | 1.98-11 mIU/ml |
| Prolactin | 8.8 | 3.2-24.3 ng/ml |
| Estradiol | 47.0 | 26.5-161 pg/ml |
| TSH | 2.06 | 0.46-4.6 mIU/ml |
| Testosterone | 1.04 | 0.19-2.67 nmol/L |
| DHEA-S | 3.49 | 0.8-3.9 mg/mL |
| Androstendion | 1.62 | 0.7-3.5 ng/ml |

Sometimes a few months of acupuncture treatments are enough to help the patient get pregnant on their own.

Acupuncture for fertility functions by placing tiny needles at specific points on the meridians, linked to the reproductive organs. Acupuncture increases and moves the flow of Qi from areas where it is overflowing, to areas that are deficient in energy. The energy is moved in a direction that stimulates fertility.

Acupuncture changes the blood supply to the ovaries by dilating the arteries and increasing the blood flow, so ultimately, the ovaries receive greater amounts of hormonal stimulation. By increasing the blood flow to the uterus, acupuncture helps the uterus when its lining is too weak to sustain a pregnancy and therefore, the lining is able better to absorb the hormones and nutrients necessary for growing strong enough to hold onto the implanted embryo.^[4]

Acupuncture improves the menstrual cycle and ovulation, reduces the levels of LH, FSH, testosterone, anti-Mullerian hormone, improves the pregnancy rates and helps in resolving phlegm and blood stagnation.^{[7][8][9]}

CONCLUSION

Acupuncture for fertility, both in men and women, shows great results. The treatments is effectively used to restore fertility in patients, improve the function of the reproductive organs and balance the hormones.

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