

## CASE REPORT

# Spontaneous abortion treatment with acupuncture and Cordyceps sinensis

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### ABSTRACT

Spontaneous abortion or miscarriage is very common nowadays. Our patient is a 38 year old woman with history of four spontaneous abortions and inability to carry the baby after 12th week of pregnancy with positive CMV IgG results. The treatment includes 11 acupuncture treatments and Cordyceps synensis in capsule, 1g two times a day starting from 01.08.2014. The patient takes the Cordyceps during the pregnancy too, and in March, 2016 she gave a birth to a healthy baby girl. Acupuncture treatment and Cordyceps sinensis as part of the Traditional Chinese Medicine, are effective treatments and give positive results in the treatment of spontaneous abortion, as well as protecting the fetus in pregnancy.

**Key words:** fertility, treatment, traditional chinese medicine, acupuncture, Cordyceps sinensis

### INTRODUCTION

Spontaneous abortion or miscarriage presents fetal death and early delivery before 20<sup>th</sup> gestational week. The incidence of spontaneous abortion is about 10-15% in the confirmed pregnancies<sup>1</sup>. Recurrent spontaneous abortion refers to when three or more consecutive abortions have occurred.<sup>10</sup> The cause of the abortion can be certain viruses like cytomegalovirus, herpesvirus, parvovirus, rubella virus and other, hormonal problems or other medical conditions.<sup>1</sup>

The Traditional Chinese Medicine (TCM) is used very often in the treatment of spontaneous abortions and gives very satisfying results. Receiving TCM treatment is important for the women who have had previous miscarriages, to prepare their body before conception and during pregnancy.<sup>10</sup> Acupuncture is used to increase the blood supply to the ovaries and uterus, to reduce inflammation, to balance hormone levels, to regulate the immune system and to smooth the impact of the emotions and stress.<sup>9</sup> Cordyceps sinensis is a unique black, blade-shaped fungus and as part of the Chinese herbal medicine, is used to prevent spontaneous abortion and promote healthy pregnancy.<sup>7</sup>

### CASE REPORT

The patient is a 38-year-old woman with history of four spontaneous abortions and inability to carry the

baby after 12<sup>th</sup> week of pregnancy. She's an active woman with normal menstrual periods and no other previous conditions, except that the lab results show positive IgG cytomegalovirus results. We decided to do acupuncture treatments and prescribed Cordyceps sinensis capsules 1g two times a day before eating. In the beginning of the treatments we advised protected sex and then when they're ready for the baby, to continue with unprotected sex. The husband doesn't have any problems with the semen analysis.

Acupuncture treatments were done in a clinic for TCM and acupuncture in Skopje, by a specialist in acupuncture. The patient has done 11 treatments on the acupoints: HN1 - Si Shen Cong, LI4 - HeGu, ST36 - Zu San Li, GB34 - Yang Ling Quan, SP9 - Yin Ling Quan, SP6 - San Yin Jiao, LR3 - Tai Chong, RN13 - Zhong Wan, RN7 - Qi Hai, RN4 - Guan Yuan, RN2 - QuGu, ST29 - Gui Lai, ST25 - TianShu, GB20 - Feng Chi, DU14 - Da Zhui, BL18 - GanShu, BL19 - Dan Shu, BL20 - Pi Shu, BL21 - Wei Shu, BL25 - Da Chang Shu, BL32 - Ci Liao. The treatments were done in a closed room, on a room temperature with duration of 30-45 minutes, with fine sterile disposable needles made by Wujuiang City Medical & Health Material Co., LTD, size 0.25 x 25mm. The treatments were made from 01.08.2014 to 20.12.2014.

In the same time when the acupuncture started, the patient started taking the Cordyceps synensis capsules 1g 1x2 before eating. When she decided to try to conceive, the patient started taking the capsules 1g 2x2 before eating. During the whole pregnancy the patient was taking the capsules 1g 2x2 and on 28.03.2016 she gave a birth to a healthy baby girl. During the treatments she made 4 lab test and the

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**Table 1,** Lab test analysis

Date	CMV	CMV	Rubella	V. Zoster
	IgG (<0.9)	IgM (<0.9)	IgG (<8)	IgG (<80)
19.09.14	13.5	0.31	-	-
31.10.14	13,3	-	-	-
21.01.15	-	-	82	480
05.03.15	11.9	-	-	-

same are shown on table 1.

## DISCUSSION

The cytomegalovirus is part of the herpes virus family which includes the well known pathogens such as varicella/zoster, herpes simplex 1 and 2 and Epstein's Barr viruses.<sup>2</sup> Among the pregnant women, the endocrine function and metabolism are changing, easy to activate in the latency of the cytomegalovirus, caused by recurrent cytomegalovirus infection. After vertical transmission of the disease from the pregnant woman to the fetus, it results in intrauterine infection, so the fetus have severe symptoms and signs and it even leads to repeated abortion.<sup>8</sup>

With the acupuncture treatment and Cordyceps sinensis capsules we were aimed to enhance the immune system, to decrease the cytomegalovirus IgG and with that to enable the body to keep the fetus. We were directed to the most critical months of pregnancy, the third and fourth month to pass, so the patient can keep the fetus.

All the acupuncture points were chosen to supplement and regulate the balance of the Qi and the Blood, to enhance the survival of the fetuses, so as to relieve the clinical signs, to promote the pregnancy, and prevent inevitable abortion.<sup>4</sup> Acupuncture increases important immune factors that protect the embryo and the placenta.<sup>5</sup>

Cordyceps sinensis is a fungus with sweet flavor, slightly warm in nature and mainly manifests its therapeutic actions in the lung and kidney meridians.<sup>3</sup> In the TCM it is used to support and build the immune function in many immune compromised conditions, to stimulate the hormones, strengthen the immune system and increases the ATP production in the hu-

man cells.<sup>7</sup> Cordyceps sinensis can effectively inhibit the replication of the human cytomegalovirus and suppress it by making changes in cell activity.<sup>6</sup>

## CONCLUSION

With the acupuncture treatment and Cordyceps sinensis we succeeded in our aim to keep the fetus and the patient healthy and safe, therefore these treatments as part of the TCM are effective and give positive results in the treatment of spontaneous abortion.

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