



ACUPUNCTURE TREATMENT IN REGULATION OF HYPERPROLACTINEMIA

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ABSTRACT

Hyperprolactinemia is a disorder of the endocrine system that causes the body to produce higher levels of prolactin than normal. Prolactin hormone stimulates the production of breast milk during pregnancy and is inducing the lactation after giving birth. In absence of pregnancy if the prolactin levels are high, it may lead to infertility. Acupuncture as part of the Traditional Chinese Medicine treats hormonal imbalances very often. Acupuncture can regulate and rapidly normalize the prolactin levels. The treated patient is an 18 year old girl with high levels of prolactin - 49 ng/mL (normal range – 4.50-33.0 ng/mL). The menstruation was also delayed for several days. The patient was treated with acupuncture with duration of 35-40 minutes one side of the body. 9 treatments were made once weekly in a period of 3 months. After the 9th treatment the results from the blood test came normal and the prolactin level was normalized – 22.1 ng/mL. Acupuncture as a treatment for hyperprolactinemia can be a very successful treatment by improving the hormone levels, harmonizing the menstrual and ovulation function and the overall reproductive health.

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INTRODUCTION

Hyperprolactinemia is a disorder of the endocrine system that causes the body to produce higher levels of prolactin than normal. The main biological actions of prolactin are inducing and maintaining lactation during pregnancy, exerting metabolic effects, stimulating the development of reproductive mammary and stimulation of the immune responsiveness. Prolactin has all these effects because it can bind to specific receptors in the liver, lymphoid cells and gonads. In absence of pregnancy, if the prolactin levels are high it may lead to infertility. Symptoms of hyperprolactinemia in women are: irregular menstrual cycle, production of breast milk in absence of pregnancy, irregular nipple discharge, increased risk of miscarriage, headache, increased body and face hair and other. The condition occurs more commonly in women. Hyperprolactinemia can be physiological (pregnancy, lactation, stress), idiopathic (in 40% of cases) or pathological causes by hypothalamic-pituitary stalk damage, pituitary hypersecretion, systematic disorders or drug-induced hypersecretion. [1] [2] [3]

Acupuncture as part of the Traditional Chinese Medicine (TCM) treats hormonal imbalances very often. Acupuncture can regulate and rapidly normalize the prolactin levels, improve the blood circulation and promote ovulation. [4] [5]

Hyper production of prolactin is generally caused by internal and external environmental factors. Chinese medicine believes that hyperprolactinemia is caused by stagnation (Yu). Stagnation is the origin of the disease, caused by long stress and often resulting in loss of Blood and Qi energy. [6]

Case Report

The treated patient is an 18 year old girl with high levels of prolactin - 49 ng/mL (normal range – 4.50-33.0 ng/mL). The menstruation was also delayed for several days. The patient has undergone some stressful situations and life changes which we believe lead to this condition. The patient was treated in a clinic for TCM and acupuncture in Skopje, Macedonia by a doctor specialist in acupuncture. The patient was treated with acupuncture indoor on a room temperature, with duration of 35-40 minutes one side of the body. In the treatment were used fine sterile disposable needles with dimensions 0.25 x 25 mm manufactured by Wujuiang City Medical & Health Material Co., LTD. The treated points were located on the meridians of Spleen, Liver, Ren mai, Du mai, Kidney and Large Intestine. 9 treatments were made once weekly in a period of 3 months starting from 12th January to 15th March 2018. After the 9th treatment the results from the blood test came normal and the prolactin level was normalized – 22.1 ng/mL. The blood test results are shown in table 1.

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Table 1 Results from the hormonal analysis (follicular phase)

Test	Result	Ranges
TSH	1.01 uIU/mL	0.400-4.00
Free T4	1.06 ng/dL	0.80-1.00
Free T3	3.94 pg/mL	1.50-4.10
Anti-TPO	<10 IU/mL	10.0-35.0
FSH	6.39 mIU/mL	3.00-11.3
LH	4.65 mIU/mL	1.10-11.6
Prolactin	22.1 ng/mL	4.50-33.0

In terms of Traditional Chinese Medicine, hyperprolactinemia is a conditions that results from Chong and Ren meridian imbalance. The acupuncture points chosen for the treatment reflect this principle, benefiting the Chong and Ren meridians, promote the overall Qi circulation, nourish the body cells, revitalize the body, strengthen the reproductive system and promote liver, spleen and kidney health. [4]

The Ren meridian is called conception vessel and flows in line in the middle of the front of the body. It is often used to treat infertility. The Du meridian known as the governing vessel and runs along the middle line of the back of the body. It is used to stimulate the reproductive hormones. The liver is the organ that stores and holds the blood and governs women’s menstrual cycle. The essence is stored in the kidneys. Kidneys are the organs that dominate with reproduction, development and growth. If the essence or the life force is depleted, a person can experience symptoms similar to those of hormonal imbalance. Acupuncture treatment focuses on points that can restore the essence i.e. focuses of the organs like the liver and the kidneys which are involved in the hormone balance. [7] The insertion of an acupuncture needle has been shown that effectively increases blood circulation. [8] A regular acupuncture treatment (once a week) can balance the hormones, improve the blood flow, balance the Yin and Yang, restore the ovarian function, promote ovulation, improve the immune response and the liver function, reduce the inflammation, reduce the chances of blood stagnation which cause pain and infertility and reduce the effects of stress on reproductive hormones. [5] [9] [10]

CONCLUSION

Acupuncture as a treatment for hyperprolactinemia can be a very successful treatment by improving the hormone levels, harmonizing the menstrual and ovulation function and the overall reproductive health.

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