

OLIGOASTHENOTERATOZOOSPERMIA-TREATMENT WITH ACUPUNCTURE (CASE REPORT)



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Background - Infertility has long been focusing on women, but men also have a significant role in the ability of a couple to conceive. Oligoasthenoteratozoospermia (OAT) is a common cause of male infertility. Although the sexual function may be normal, there is a reduced count of mainly dysfunctional / dysmorphical spermatozoa. The term oligoasthenoteratozoospermia is used when all 3 factors are present: oligozoospermia (reduced sperm count), asthenozoospermia (poor sperm motility) and teratozoospermia (abnormal sperm morphology). The quality of semen can be affected by drinking alcohol, smoking cigarettes or marijuana, hormone preparations, medications, varicocele, infections, genetics or it can be idiopathic. Acupuncture is very often used to enhance male fertility. According to Chinese medical theory, the sperm will be of better quality by increasing the male partner's whole body health. Sperm quality and production can be increased by acupuncture, hormonal factor can be corrected by restoring balance to entire body and mechanical blockages can be dissolved or reduced. Acupuncture has a holistic approach-it treats the whole person. By moving entire body towards better health-the sperm is in better health, too. Healthier bodies make healthier sperm.

Purpose – The main purpose of this work is to show a case of oligoasthenoteratozoospermia, the results before and after the treatment with acupuncture at the same time showing that acupuncture is completely safe and effective treatment in cases of male infertility.

Methods – Acupuncture treatment has been done in 'Tong Da Tang' Clinic for Traditional Chinese Medicine and Acupuncture-Skopje by Prof Zhu Jihe, MD, PhD, TCM specialist. The patient is a 35-year-old man, diagnosed with oligoasthenoteratozoospermia according to the criteria of WHO and KRUGGER. The patient underwent 7 treatments in a period of 2 weeks. The treatments were done in a closed room on temperature of 25°C with duration of 35-40 minutes. The 0.25x25mm dimension sterile needles were made by Wuijiuang City Medical Health Material Co., Ltd. The acupoints used in the treatment are: DU20 (BaiHui), RN12 (ZhongWan), ST25 (TianShu), RN6 (QiHai), RN4 (GuanYuan), ST26 (WaiLing), RN1 (HuiYin), DU1 (ChangQiang), BL32 (CiLiao), BL28 (PangGuangShu), LI4 (HeGu), PC6 (NeiGuan), ST36 (ZuSanLi), GB34 (YangLingQuan), SP9 (YinLingQuan), SP6 (SanYinJiao), LR3 (TaiChong), KI3 (TaiXi) and KI1 (YongQuan). According to Traditional Chinese Medicine, when there's a problem with infertility, it's associated with Kidney disorder (Yan or Ying deficiency), Liver Qi-energy stagnation or Heart and Spleen deficiency and all the treated points are located on these meridians. On these points, acupuncture tonifies Kidneys, tonifies and sedates the Liver Qi, dispels stagnation and resolves masses, tonifies deficiency and strongly moves the Qi and blood in the body in order to remove stagnation and alleviate pain, increases blood flow to the reproductive organs, balances the endocrine system and counters the effects of stress and cortisol by releasing endorphins in the brain.

Results and discussion – Before coming to our clinic, the patient made 1 semen analysis test and 1 control test-after the last acupuncture treatment. The 1st test was done on 28.09.2015 in Newborn clinic-Center for fertility and andrology. After 5-day-abstinence, by masturbation as a sperm-sampling method – patient had the following results shown on the table.

Values	Before acupuncture	After acupuncture	Expected values
Color & Appearance	Opaque, Homogenous, Normal viscosity	Light grey opalescent, viscous	Light grey opalescent, viscous
pH	8	8	> 7.2
Liquefaction	10 min	Complete	< 30 min
Volume	3ml	5.2 ml	1.2 and more
Leucocyte Concentration	/	4,2 x 10 ⁶ / ml	< 2 x 10 ⁶ / ml
Total number	6x10 ⁶	199,7 x 10 ⁶	15 x 10 ⁶ / ml and more
Total motility	25%	60%	39 x 10 ⁶ or more
A (rapidly progressive motility)	0%	35 %	> 40 % A and B > 32 %
B (Slowly progressive)	10%	15 %	
C (Non progressive)	15%	10 %	
D (Immotile)	75%	40 %	
Normal morphology	3%	75 %	> 14% normal
Amorphous heads anomaly	5%	10%	5 – 14 % good < 4 % bad
Tail anomaly	13%	15%	
Vitality	No such information	80 % sperm with intact membranes	> 58 % sperm with intact membranes
Agglutination	/	moderate	<5%

-Table: Results from semen analysis before and after acupuncture-

The patient was diagnosed with Male infertility due to Oligoasthenoteratozoospermia (WHO/KRUGGER criteria). After the acupuncture treatments, the patient did another control semen analysis on 08.10.2015 (standard test by WHO criteria, 5th edition, 2010) in Avicenna laboratory and the after-treatment-results were completely satisfying: brought-in sperm material analysis-ejaculation with complete liquefaction, without presence of mucous fibers, absence of oligozoospermia or asthenozoospermia (with a moderate degree of agglutination of the sperm), with normal ejaculation volume and viscosity. Note: increased presence of leukocytes. From the results in the table, there are significant differences between the tests before and after the acupuncture treatments. The volume of the semen is associated with fertility and in this case it was increased. The concentration and total number of spermatozoa were significantly increased, (and because the fewer or lower sperm concentration may impair fertility), this is an excellent result that shows the acupuncture has an actual effect. The percentage of total motility and rapidly progressive motility was increased by 35% and the normal morphology by 72%, with 80% of sperm with intact membranes. (A man can have a normal or high sperm count, but if his sperm motility is low, it hinders his ability to conceive.)

Conclusion – This case report shows that acupuncture is safe, efficient and effective in treating oligoasthenoteratozoospermia, as it increases both quality and quantity of sperm as well as male fertility, furthermore stimulating body's natural ability to heal itself, thus improving physical and emotional well-being.

Key words – acupuncture, oligoasthenoteratozoospermia, male infertility

