

Case Report - Male Infertility Acupuncture Treatment

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Abstract : *Infertility is not just a woman's problem. Every third case of infertility appears to be due to men's problems. Male infertility can be caused by some problems with the semen concentration or formation or semen quality of quantity. Our treated patient is 32 year old male, diagnoses with infertility due to highly viscous semen and sperm agglutination and agglomeration. Seven treatments were made with acupuncture, one treatment weekly. Treatments were made in a clinic for Traditional Chinese Medicine (TCM) and acupuncture by a doctor specialist in acupuncture. Treatments were made indoor, on a room temperature with duration of 35-40 minutes. After the treatments, the semen analysis showed that all analyzed parameters are with normal reference values, with no presence of sperm agglutination and agglomeration. The aim of the treatment was to correct the Yin defect. For that purpose acupuncture was performed on the meridians of Liver, Kidney, Spleen, Du Mai and Ren Mai. Acupuncture as part of the 5000 years old Traditional Chinese Medicine is a very effective treatment in male infertility, effectively stimulating the production of healthy semen and significantly improving the semen quality and quantity. With correct diagnosis and eradication of the root cause, the positive results are inevitable.*

Key words – Treatment, Acupuncture, Traditional Chinese Medicine, Male, Infertility

Introduction

Infertility is not just a women's problem. Every third case of infertility appears to be due to men's problems. Male infertility can be caused by some problems with the semen concentration or formation or semen quality of quantity.^{1,2} Some of the most common reasons are abnormal sperm shape and structure, low sperm count, reduced sperm motility etc. In 30% of the cases with infertility the cause is unknown. Other underlying causes that can contribute are diabetes, cancer, cardiac problems, excessive exercising, environmental toxins, alcohol, smoking, stress and etc. Tests that may be done are: semen analysis, sperm DNA analysis, genetic testing, hormone testing and etc.^{2,3,4}

Sperm agglutination and agglomeration are also causes for male infertility. Sperm is not supposed to stick together, instead it should be moving free and swimming straight with a healthy shape. Agglutination is when a group of motile spermatozoa stick together at the tail, head or head-to-tail. 7% of male infertility occurs due to sperm agglutination. Its possible cause is presence of sperm antibodies. Agglutination is not always indicating infertility, but it surely makes difficult for the sperm to move to the cervix.^{5,6} Agglomeration is also clumping of the spermatozoa, but it is different from the agglutination in immunological processes. Agglomeration decreases the number of the free sperm (the highly mobile sperm), thus it is a possible reason for infertility. Professional, physical and mental stress have a big impact on this condition.⁷

Traditional Chinese Medicine (TCM) exists for more than 5000 years. As a treatment options for male infertility as part of the TCM are used herbal treatment and acupuncture. In the terms of TCM, male infertility results due to Kidney or Liver deficiency, Qi and blood stagnation or heat and dampness accumulation in the lower body part.⁸ Acupuncture treatment can effectively increase the number and percentage of sperm, dissolve the blockages, increase the quality of the sperm and sperm production, restore the balance to entire body, reduce inflammation, enhance the local microcirculation, correct the Qi and blood flow, and etc.^{9,10}

Case report

The treated patient is 32 year old male, diagnoses with infertility due to highly viscous semen and sperm agglutination and agglomeration. The condition was detected 4 years ago, since when started trying to conceive a child. The patient was under a lot of stress, with bladder inflammation, normal appetite, sleep, blood pressure and blood sugar. Before coming to our clinic he has made one semen analysis test, showing relatively normal parameters with presence of agglutination and agglomeration, semen hyperviscosity, rare presence of immature germ cells and presence of cellular

debris. Seven treatment were made with acupuncture, one treatment weekly, in a period of two months. Treatment were made in a clinic for Traditional Chinese Medicine (TCM) and acupuncture by a doctor specialist in acupuncture. Treatments were made indoor, on a room temperature with duration of 35-40 minutes. In the treatment were used fine sterile disposable needles made by Wuijiang City Medical Health Material Co., Ltd, with dimensions of 0.25x25 mm. After the treatments, the patient made another semen analysis. The semen analysis showed all analyzed parameters are with normal reference values, with no presence of sperm agglutination, agglomeration, immature germ cells and cellular debris. The aim of the treatment was to correct the Yin defect. For that purpose acupuncture was performed on the meridians of Liver, Kidney, Spleen, Du Mai and Ren Mai. With the treatment we succeeded to help our patient by keeping the healthy semen, enhancing the function of reproductive system, eradicating the root problem and all blockages and allowing the energy and Blood to flow free.

Discussion

Highly viscous semen can have an impact on the sperm concentration and motility and can impair the normal sperm movement, thus leading to infertility.^{11,12} Living a healthy life is an important factor for producing healthy sperm.⁹ Living stressful life may lead to disruption of the production of healthy sperm. The acupuncture treatment may cannot help to remove the stress from the everyday life, but it can enable the body to manage and respond better in stressful situations. Acupuncture treatment can help the patient to relax, to feel restored and calm, to have better sleep quality and less stress. The treatment is aimed at treating the whole body, not just the reproductive system and by stimulating the whole body to function better, the sperm is stimulated too. Healthier body produces healthier sperm.^{8,13}

According to TCM, the main cause for male infertility is Kidney deficiency. It does not directly refer to the kidney organ, but to the Kidney meridian and energy system. The kidney system consists of both Yin and Yang energy. Yin energy is the basic substance of reproduction, birth and growth, while the Yang energy is the basic motivational force for all the physiological processes.¹⁴ If there is deficiency of Yang energy in the Kidney, spermatogenic failure is present, poor sperm quality, testosterone deficiency, reproductive issues and etc. During the examination is noticeable weak/thread pulse and pale tongue with white coat. When we insert needles on the Kidney Yang points we activate and warm the male energy and stimulate the motility

and production of healthy sperm. When inserting a needle into Kidney Yin points, we stimulate the anti-inflammatory, strengthening and nourishing effects.¹⁵ The treated points are chosen so to enhance and tonify the Qi energy of the Kidney. Thus with the treatment is improved the sperm quality, sperm motility, sperm count and the fertilization rate.¹⁶ With 1-2 times weekly treatment, for minimum 5 weeks, the sperm quality can be increased and all other imbalances related to infertility.¹⁵

Conclusion

Acupuncture as part of the 5000 years old Traditional Chinese Medicine is a very effective treatment in male infertility, effectively stimulating the production of healthy semen and significantly improving the semen quality and quantity. With correct diagnosis and eradication of the root cause, the positive results are inevitable.

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