

Secondary Infertility TCM treatment

Robert Wu, O.M.D., Ph.D., L.Ac.

Definition:

Had pregnancy in the past (either through normal labor and delivery or miscarriage), and then unable to achieve pregnancy without any contraception for 2 consecutive years is defined as secondary infertility.

Causes:

Often due to improper treatment before, during, and after menstrual cycle and delivery, or complications and improper cares after surgical delivery, or lack of personal hygiene.

Lack of rest after delivery leads to imbalance of qi and blood then leads to basal cells in the uterus blood circulation malfunction, resulting in lack of ability to form and organize cells to have a normal menstrual cycle.

Obesity and overweight, high body fat content due to imbalance of food intake, and lack of exercise. All the above leads to phlegm damp accumulation internally, hence, blockage and poor circulation in the uterus and ovarian tubes. This is equivalent to western diagnosis of

Stimulating factor infertility is equivalent to Western blockage or inflammation of the fallopian tubes, endometriosis and immunological infertility.

Diagnostic points:

(1) The marriage has had pregnancy (including childbirth or abortion), after the failure to take contraceptive measures, for two consecutive years will no longer become pregnant.

(2) Often accompanied by menstrual disorders, and premenstrual breast swelling or tenderness, dysmenorrhea, low back soreness abdominal distention and pain, abnormal vaginal discharge, and abdominal mass.

(3) Low-grade fever, sexual apathy, sexual disorder, sexual pain, or anxiety, insomnia, depression and other mental abnormalities.

Differential treatment can be divided into three types:

(1) Blood circulation disorder type (Qi stagnation blood stasis syndrome): Marriage and become pregnant, or because of abortion, premature delivery, and gynecological surgery for many years to treat infertility; or on the third day after the menstruation become lack of blood and/or lack of flow, dark purple blood, or blood clot, often accompanied by dysmenorrhea, abdominal pain refused to press.

Such secondary infertility accounts for about 60% of the traditional Chinese medicine treatment effects.

(2) Metabolic disorder of qi and blood deficiency type (phlegm damp internal blockage syndrome): After miscarriage then unable to get pregnant for many years, obese body type, pale white face, dizziness and palpitations, leucorrhea with large quantity with sticky quality, less blood after the third day of menstruation and even amenorrhea, chest tightness with oppressive feeling, fatigue without strength, sexual apathy.

Such secondary infertility accounts for about 20-25%, the traditional Chinese medicine acupuncture treatment is more effective.

(3) Gynecologic surgery complications type (Damp heat infusing downward syndrome): After gynecologic surgery then become infertility for years, vaginal discharge with volume and viscous, color white or yellow, sometimes with smell, abdominal pain, with menstrual disorders.

Such secondary infertility accounts for about 10-15% of the traditional Chinese medicine acupuncture treatment effects.

Case 1: 38-year-old, four years ago after producing a son can no longer conceive, cold hands and feet, and hair loss. Post-partum too busy working to normalize her body, did not eat three meals a day then become nutritional imbalance. Easy muscle and tendon aches and pain, frequent fatigue, insomnia, menstrual disorders, blood volume become less and less, pale color, dizziness accompanying menstruation, long-term use progesterone is invalid.

Clinical treatment:

The disease is a type of qi and blood loss, need to be tonifying blood and regulate qi, increase blood circulation, strengthen digestion, so that normal bowel movements can occur to rid the body of toxins. So as to infuse blood into the uterine lining in order to increase the pregnancy rate naturally. Acupuncture treatment twice a week, Chinese medicine after meal three times a day.

After six weeks of treatment, the patient achieve pregnancy naturally, nine months later gave birth to a boy, 3200 grams.

Case 2: 44-year-old female, married when she was 36-year-old follow by pregnancy the year after, miscarriage after six weeks. Doctor employed uterus curettage surgical technique for the miscarriage. Then 7 consecutive years failed to conceive afterwards, with irregular and intermittent menstruation. In addition, the period will last as long as 10 to 14 day with multiple sticky clots, lower abdominal pain with distention along low back pain, difficult to defecate.

Clinical treatment:

The disease is a result of gynecological surgery, the “cold and deficient” uterus cannot achieve normal menstrual cycle, inability to stop and finished normal period leads to intermittent menstruations, resulting in deficiency of the lower jiao, and lack of progesterone and estrogen.

Chinese medicine diagnosis and treatment:

By warming up the menses and dispelling cold, invigorate blood circulation and dispel blood stasis, and to tonify both the liver and kidney.

Acupuncture and interference wave therapy three times a week, taking the herbal medicine before meals three times day.

After ten weeks of treatment our patient achieved pregnancy, ten months after the baby was delivered via caesarean section weighing 3800 grams.