

Experience on the treatment of infertility

This article specially deals with the female cases of infertility. Only when you get clear with what is the main symptom and what is the secondary and what are the complications, can you get good treatment result.

Regulate Menstruation:

Dan Xi says, “irregular menses is the reason of female infertility”. When you find that the patient has irregular menses, you should regulate the menses. This conditions include irregular cycles, bleeding between periods, too much or too little menstrual blood, amenorrhea, prolonged period, clots with blood, etc.

Regulating menses are to regulate the liver, spleen and kidney. Kidney is the prenatal basis, source of Tian Gui, the root of yuan-source qi, the root of chong and ren meridians. Therefore, regulate and tonify the kidney is one of the important treatment method for infertility.

Formulas for regulating the menses include:

For kidney: zuo gui wan, you gui wan, shen qi wan, er xian tang, liu wei di huang wan, wu zi yan zong wan, gui shen wan

For liver: xiao yao wan, chai hu shu gan tang, kai yu zhong yu tang, si ni san, ding jing tang, tiao gan tang, er zhi wan

For spleen: gui pi tang, wan dai tang, cang fu dao tang wan, chen xia liu jun zi tang

Tonify blood: ba zhen tang, yu lin zhu, si wu tang, shen yu tang, dang gui bu xue tang, ren shen yang rong tang, wen jing tang.

Activate blood: shao fu zhu yu tang, xue fu zhu yu tang, ge xia zhu yu tang, da huang mu dan pi tang, jie du huo xue tang, tao hong si wu tang.

Treat excessive abnormal leukorrhea (PID)

The genital organ of females are very easily affect by external pathogens. Excessive discharge from vagina should be treated. Such discharge may vary with color, order and many of the patients with genital itching or discomfort. Pathogens like bacteria, yeast, parasites can invade the organ to create a bad environment for the fetus to grow or to block the passages of egg. so create a good environment is very important for fertility.

Following formulas are used:

Drain dampness: bei xie shen shi tang, zhi dai tang, chen xia liu jun zi tang

For toxic damp-heat: long dan xie gan tang, wu wei xiao du yin, huang lian jie du tang

For cold dampness: jian gu tang, ling gui zhu gan tang, zhen wu tang

To elevate yang qi resolve dampness: wan dai tang, shen ling bai zhu san

Resolve dampness and expel phlegm: cang fu dao tan wan, chen xia liu jun zi tang, er chen tang.

Topically used herbs will also be combined sometimes.

Balance emotions

Most of the patients of infertility are anxious, nervous, depressed or full of fear. These unhealthy emotions will always influence your endocrine system and cause abnormal functions of you ovary. A classic of Chinese medicine called / Secrete Female Department/ said, “women who want to be pregnant should calm their mind and keep the qi circulate smoothly.....grief causes the qi to stagnate, over-thinking causes the qi to knot, anger causes the qi rise, complaining makes qi to be obstructed.....mental peace and relaxation is very important.

In this part, talking with the patients about this importance and psychological therapy are all important. Some herbal formulas will be adopted accordingly.

Proper diet

There are certainly a lot of help to balance patient’s diet. Diagnosis is needed to advice on diet.

For kidney yang deficiency, cold womb: Fu zi lamb soup, dang gui lamb soup, lu rong with male chicken, walnut with pork kidney, egg and sweet rice wine, huang qi lamb soup, etc. Avoid cold drinks, banana, pear, and other cool nature food.

For kidney essence and chong & ren meridian deficiency: lean meat soup with e jiao, dong cong xia cao with duck, bird-nest chicken soup. Avoid warm tonification nature food, herbs.

For qi and blood deficiency: da zao egg tea, chicken sweet rice soup, shu di and gou qi zi lean meat soup (little sha ren or chen pi can be added), rib long yan rou soup, Lotus root, sweet rice and date soup, qian shi and yi yi ren soup, fu ling and huang qi with lean meat soup. Avoid raw and cold food.

For liver qi stagnation: bai he egg tea, wheat-date-sweet-rice soup, milk-egg, yellow flower-fish soup. Avoid warm nature, spicy, fried food.

For abdominal masses: tu fu ling soup, bie jia shan yao soup, san qi with American ginseng tea, kun bu and hai zao with lean meat soup (not hyperthyroidism), hai dai mung bean soup.

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Male Seminal Fluid Delayed To become liquid

The seminal fluid does not become fluid over one hour the patient has yin deficiency and yang rise symptoms.

Liang Di tang plus:

Sheng di huang 30g, di gu pi 30g, mai dong, bai shao, xuan shen, bai wei, nu zhen zi, han lian cao each 15g, shi hu 12g, e jiao 10g.

Control group use Zhi bai di huang tang. Patients with Liang di tang plus had better result.