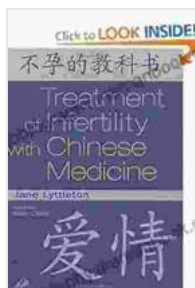


Treatment of Infertility with Chinese Medicine: A Comprehensive Guide



Treatment of Infertility with Chinese Medicine E-Book

by Jane Lyttleton

★★★★☆ 4.7 out of 5

Language : English

File size : 12856 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 1039 pages



Infertility is a common problem affecting millions of couples worldwide. While conventional Western medicine offers a range of treatment options, many couples are turning to complementary and alternative therapies, such as Chinese medicine, for help.

Chinese medicine has a long history of use in the treatment of infertility, with ancient texts dating back over 2,000 years. Chinese medicine practitioners believe that infertility is caused by an imbalance in the body's qi, blood, and yin and yang energies. By restoring balance to the body, Chinese medicine can help to improve fertility and increase the chances of conception.

How Chinese Medicine Treats Infertility

Chinese medicine uses a variety of techniques to treat infertility, including:

- **Herbal medicine:** Chinese herbal medicine is a key component of Chinese medicine infertility treatment. Herbs are used to correct imbalances in the body and promote fertility. Some of the most commonly used herbs for infertility include:
 1. Angelica sinensis (当归): This herb helps to tonify the blood and promote circulation.
 2. Rehmannia glutinosa (地黄): This herb helps to nourish the kidneys and improve yin.
 3. Atractylodes macrocephala (白术): This herb helps to strengthen the spleen and improve digestion.
- **Acupuncture:** Acupuncture is another important component of Chinese medicine infertility treatment. Acupuncture involves the insertion of thin needles into specific points on the body. This helps to stimulate the body's natural healing mechanisms and promote fertility.
- **Moxibustion:** Moxibustion is a technique that involves burning dried mugwort leaves on or near the skin. This helps to warm the body and promote circulation.
- **Cupping:** Cupping is a technique that involves placing heated glass cups on the skin. This helps to create suction and draw out toxins from the body.

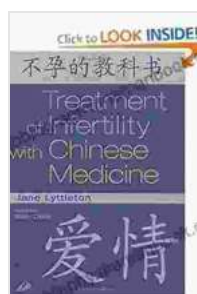
Scientific Evidence for the Effectiveness of Chinese Medicine for Infertility

There is a growing body of scientific evidence supporting the effectiveness of Chinese medicine for infertility. For example,

- A study published in the journal *Fertility and Sterility* found that Chinese herbal medicine significantly improved pregnancy rates in women with unexplained infertility.
- A study published in the journal *Acupuncture in Medicine* found that acupuncture significantly improved sperm quality in men with infertility.
- A study published in the journal *Evidence-Based Complementary and Alternative Medicine* found that moxibustion significantly improved fertility rates in women with polycystic ovary syndrome (PCOS).

It is important to note that Chinese medicine is not a cure-all for infertility. However, it can be a valuable complementary therapy to conventional Western medicine treatment. By restoring balance to the body and promoting fertility, Chinese medicine can help to increase the chances of conception.

Chinese medicine is a safe and effective treatment option for infertility. It can be used in conjunction with conventional Western medicine treatment or as a stand-alone therapy. If you are struggling to conceive, talk to your doctor about whether Chinese medicine may be right for you.



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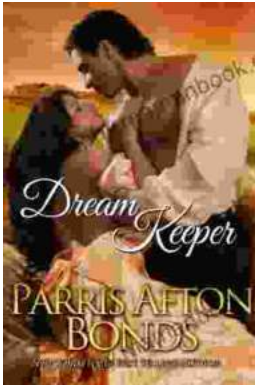
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