many women in today’s society decide to get pregnant in a later stage of their lives. However by this time, their ovarian reserve decreases which lead to infertility in some case [1]. The ovarian reserve determines the capacity of the egg cells in the ovaries needed for conceiving [2]. As the number of ovarian follicles decreases in the aging process, antimüllerian hormone (AMH) levels also decrease. This decrement leads to increase in the follicle-stimulating hormone (FSH) and basal estradiol levels leading to accelerated growth of the new egg cells, shortening of the length of the follicular phase and decreased length of the menstrual cycle [3]. The AMH is produced in the ovarian follicles and its serum levels show woman’s ovarian reserve. Its highest levels are in the period between 23 and 25 years of age and lowest in the postmenopausal period. In the most productive period of women, the levels of the hormone can be divided into four groups: Normal levels (1.0-3.0 ng/mL), low normal (0.7-0.9 ng/mL), low (0.3-0.6 ng/mL), and very low (<0.3 ng/mL) [4].

The traditional Chinese medicine (TCM) exists for more than 5000 years and treats variety of gynecological conditions, including infertility. TCM stimulates the body to heal on its own, with its own potentials; it regulates the hormone levels and improves the low ovarian reserve with stimulation of the blood flow in the liver meridian. This obstruction is created due to some lifestyle changes, which in turn, interrupts the blood flow in the uterus and ovaries and contributes to an imbalance of the hormones. During this treatment, acupuncture points located on the Spleen, Bladder, Heart, Liver, Large Intestine, Gall Bladder, and Du Mai meridians were used.

Key words: Acupuncture, Infertility, Treatment, Traditional Chinese medicine

ABSTRACT

Antimüllerian hormone (AMH) is produced in the ovarian follicles. The levels of the hormone on a blood test show woman’s ovarian reserves which determine the capacity of the egg cells in the ovaries needed for conception. We report a case of a 33-year-old female diagnosed with the primary infertility for 3 years due to unsuccessful natural conceiving. The patient had regular menstrual cycle with duration of only 1 day. The patient’s blood test indicated an insufficiently grown follicles needed for conception, low AMH levels (0.94 ng/mL), and high androstenedione (458 ng/mL) levels. The patient underwent 32 treatment cycles, one treatment every week, over a period of 1 year. After the treatment with acupuncture and infrared lamp, her menstrual cycle was lengthened to 4 days, and the blood analysis showed normally grown ovarian follicles up to 20 mm with good quality and normal hormone levels. According to the theories of the traditional Chinese medicine, this state of the health arises from obstructed energy Qi flow in the liver meridian. This obstruction is created due to some lifestyle changes, which in turn, interrupts the blood flow in the uterus and ovaries and contributes to an imbalance of the hormones. During this treatment, acupuncture points located on the Spleen, Bladder, Heart, Liver, Large Intestine, Gall Bladder, and Du Mai meridians were used.
Zhu J. Acupuncture treatment for infertility due to low AMH levels and low ovarian reserve showed very positive and satisfying results. Thus, the acupuncture treatment can be effective which helps the body to heal on its own natural way.

REFERENCES


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