

***Acupuncture treatment in male patient presented with
oligoasthenoteratozoospermia***

Jihe Zhu¹, Blagica Arsovska^{1,2}, Kristina Kozovska^{1,3}

**1 Center of Traditional Chinese Medicine and acupuncture 'Tong Da Tang', Skopje,
Republic of North Macedonia**

**2 Faculty of Medical Sciences, University "Goce Delcev", Stip, Republic of N.
Macedonia;**

**3 Medicine Faculty, University "St. Cyril and Methodius", Skopje, Republic of N.
Macedonia**

Abstract

Oligoasthenoteratozoospermia (OAT) is one of the most common causes of male infertility. Male fertility may be affected by blood pressure, depression or medications used in the treatment of cancer or like steroids. In this research is presented a case of a 35 year old man diagnosed with oligoasthenoteratozoospermia. The patient underwent 5 acupuncture treatments in a period of one month (17.11.22 - 17.12.22). The semen analysis shows low number of sperm count, low number of progressive and slow sperms, high number of immobile sperms and presence of leukocytes. With the acupuncture treatment the number of semen from $8 \times 10^6/\text{ml}$ was increased to $23 \times 10^6/\text{ml}$. The total number of semen was increased from $48 \times 10^6/\text{ml}$ to $73 \times 10^6/\text{ml}$. The progressive sperm cells were increased from 15% to 21%, the slow sperm cells from 30% to 80%, the immobile were decreased from 45% to 27%. The live sperm count was increased from 70 to 111 and the normal sperm shape was increased from 4 to 5. Treatments were done once a week with duration of 35-40 minutes. Acupuncture as part of the Traditional Chinese Medicine is a safe and effective treatment in treating oligoasthenoteratozoospermia, as it improves male infertility by increasing both the quality and quantity of sperm for a very short time of period.

Key words - fertility, acupuncture, traditional chinese medicine, oligoasthenoteratozoospermia

Introduction

Oligoasthenoteratozoospermia (OAT) is one of the most common causes of male infertility. It is a condition covering three underlying problems:

- 1) Oligozoospermia - low sperm count,
- 2) Asthenozoospermia - poor motility and
- 3) Teratozoospermia - abnormal morphology of sperm.

Male fertility may be affected by blood pressure, depression or medications used in the treatment of cancer or like steroids. Other influencing factors are: genetics, infections, abnormal hormonal levels, fibrosis, tumors, diabetes, lifestyle habits like smoking cigarettes or alcohol consumption and other. Symptoms that may arise are swelling of the scrotum, infertility and inability to achieve pregnancy after one year of trying. The diagnosis is established by physical examinations, blood test, semen analysis, genetic test, scrotum ultrasound and other.

Western medicine treatment options for OAT depend on the causes and they may be medications, sperm retrieval or surgery. Western Medicine suggests proper life changes that may influence positively sperm count, such as quitting cigarettes, weight loss, and managing stress. It also recommends use of antibiotics, anti-inflammatory, pituitary stimulants and prolactin lowering medications. [1] [2] [3]

Everything in the world is formed by energy and so is the human body. In order to achieve state of health, the energies inside the body (Yin and Yang) have to maintain in balance. When the energies are imbalanced, disease is formed. According to Traditional Chinese Medicine (TCM) theory, the sperm will be of better quality if the male partner's whole body health is increased. According to TCM the causes of male infertility are OAT, constitutional kidney weakness; excessive or early-age sexual activity; overworking; overexertion; consuming cold liquids and food with cold energy or greasy food. Men with low sperm count are more likely to develop prostate or testicular cancer later in their life. [3] [4]

Case report

In this research is presented a case of a 35 year old man diagnosed with oligoasthenoteratozoospermia. The patient's condition is idiopathic, not genetic. No infections were diagnosed and no additional symptoms were present. The diagnosis has been confirmed one week before starting the treatments. The patient hasn't been taking any other additional medications.

Acupuncture treatments were proceeded in a clinic for Traditional Chinese Medicine and Acupuncture in Skopje, Macedonia by MD, PhD, TCM specialist. The patient underwent 5 acupuncture treatments in a period of one month (17.11.22 - 17.12.22). Treatments were done once a week with duration of 35-40 minutes. The 0.25x25mm dimension sterile needles were used in the treatment and manufactured by Wuijiuang City Medical Health Material Co., Ltd.

The acupuncture points used in the treatment are: RN1 (HuiYin), DU20 (BaiHui), DU1 (ChangQiang), N12 (ZhongWan), ST25 (TianShu), RN6 (QiHai), RN4 (GuanYuan), BL32 (CiLiao), BL28 (PangGuangShu), ST26 (WaiLing), PC6 (NeiGuan), LI4 (HeGu), ST36 (ZuSanLi), GB34 (YangLingQuan), SP6 (SanYinJiao), SP9 (YinLingQuan), LR3 (TaiChong), KI3 (TaiXi) and KI1 (YongQuan).

Two semen analysis were made before and after starting the treatments. The results are presented in table 1.

Table 1. Cytological analysis of semen before and after the acupuncture treatments

Values	10.11.2022	20.12.2022	Ref. Values
Abstinence	4 days	4 days	3-5 days
Color	Opalescent	Opalescent	Opalescent, white
Viscosity	/	Normal	
Volume	4	5.3	2-6 MAC
pH	8	7.6	7-8 ISE
Liquefaction	30	30	30-60 min
Number of sperm	8	23	20-120x10 ⁶ /ml

Total number of sperm	48	73	40-400x10 ⁶ /ml
Mobility			>40%
Progressive (A)	15	21	>25%
Slow (B)	30	80	>50% (A+B)
Moving in place (C)	10		<50%
Immobile (D)	45	27	5-10%
Live sperm count	70	111	>58
Morphology			
Normal sperm shape	4	5	>4
Head deviations	45		/
Neck deviations	46		/
Tail deviations	5		/
Germ cells	Low		Present
Agglutinates	No		No
Epithelial cells	Low		Low
Leukocytes	3	Negative	<0-1x10 ⁶ /ml

The semen analysis shows low number of sperm count, low number of progressive and slow sperms, high number of immobile sperms and presence of leukocytes. With the acupuncture treatment the sperm count was increased, the number of progressive and slow sperms was increased, the number of immobile sperms was decreased and no presence of leukocytes was found.

The number of semen from 8x10⁶/ml was increased to 23x10⁶/ml. The total number of semen was increased from 48x10⁶/ml to 73x10⁶/ml. The progressive sperm cells were increased from 15% to 21%, the slow sperm cells from 30% to 80%, the immobile were decreased from 45% to 27%. The live sperm count was increased from 70 to 111 and the normal sperm shape was increased from 4 to 5. These very satisfying results were achieved in only one month.

Patients with low energy of the Kidney usually have low sperm count. According to TCM, depleted energy in the Kidney meridian is the origin of all reproductive problems. The Kidney is the organ responsible for controlling reproduction and storing the body essence. Other problems may arise from Liver Qi energy stagnation or Spleen and Heart deficiency. The treated points are located on these meridians (Kidney, Heart, Spleen, Liver). The major goal of the treatment is rebalancing and replenishing the energy of the patient.

The treatment helps to increase the blood flow to the reproductive organs, to balance the endocrine system, tonify Liver and Kidney Qi, remove stagnation, resolve masses, release endorphins, improves semen morphology.,positively influence semen quality and other. [3] [4]

Conclusion

Acupuncture as part of the Traditional Chinese Medicine is a safe and effective treatment in treating oligoasthenoteratozoospermia, as it improves male infertility by increasing both the quality and quantity of sperm for a very short time of period.

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Conflict of interest

The author have declared that no competing interests exist.

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None.

Statement of Informed Consent

Written informed consent was obtained from the patient for his anonymized information to be published in this article.

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