

## **Acupuncture can improve sperm quality and fertilization rates in ICSI**

22 patients with idiopathic male infertility who failed in ICSI, were treated with acupuncture twice weekly for 8 weeks, followed by ICSI treatment again. The sperm concentration, motility, morphology, fertilization rates and embryo quality were observed. Sperm motility after acupuncture improved significantly. The normal sperm ratio was increased after acupuncture. The fertilization rates (66.2%) were significantly higher and the embryo quality improved. The conclusion of the study was that acupuncture can improve sperm quality and fertilization rates in IVF. J Huangzhong Iniv Sci Technol med Sci 2002;22(3):228-30

## **Acupuncture can increase sperm motility and the intactness of the axonema**

A study was carried out in Israel on 16 patients with subfertility due to poor sperm motility. They were treated with acupuncture twice a week for 5 weeks and compared to a control group. The sperm motility and intactness of the axonema were greatly increased in the study group. Siterman S, Eltes F, Wolfson V, Zabudovsky N, Bartoov B, The effect of acupuncture on sperm parameters of males suffering from subfertility related to low sperm motility. Arch Androl 1997, Sep-Oct; 39 (2): 155-61

## ***Effects of acupuncture and moxa treatment in patients with semen abnormalities.***

In this study men receiving acupuncture had significant increases in the percentage of normal-form sperm compared to the control group that did not receive acupuncture. Gurfinkel et.al. Asian J Androl. 2003 Dec;5(4):345-8

A study in treating subfertility by acupuncture was carried out in Germany on 28 men. Each patient received a total of 10 treatments for a period of three weeks. The spermograms and hormone levels were checked before and after acupuncture. Total count, concentration and motility were evaluated and in all cases the researchers observed a statistically significant improvement of sperm quality. The authors conclude that acupuncture therapy at the time of ovulation might increase the chances of a pregnancy. Ischl F, Riegler R, Bieglmayer C, Nasr F, Neumark J (Modification of semen quality by acupuncture in subfertile males) Geburtshilfe Frauenheilkd. 1984 Aug; 44 (8): 510-2

## **Acupuncture has been found to be useful in treating males with very low sperm count, especially those with a history of genital tract infection**

Research was carried out in Tel Aviv to observe the effects of acupuncture on males with very low sperm count. 17 of the males were azoospermic, and 3 had severe oligotertoasthenozoospermia (OTA). After a course of acupuncture treatment, the OTA only had a slight increase in sperm count, whilst 67% of the azoospermic patients showed a definite increase in sperm count, seven of them significantly. Males with genital tract inflammation had the most marked improvement in sperm density. The study concludes that acupuncture might be a useful treatment for males with a very low sperm count, especially those with a history of genital tract infection. Siterman S, Eltes F, Wolfson V, Lederman H, Bartoov B. Does acupuncture treatment affect sperm density in males with very low sperm count? A pilot study. *Andrologia* 2000 Jan; 32 (1): 31-9.

A Chinese study was carried out on 54 males with impaired fertility. 1-3 months of acupuncture therapy was given, and sperm analysis carried out before and after treatment. 55.5% of patients impregnated their partners in that period of time, and 24% showed a significant improvement in sperm parameters. 20% of patients, previously diagnosed with azoospermia and immune disturbance, did not improve. The best improvement was seen in patients with abnormal sperm. Qian, Z [Clinical observation of 54 cases of male infertility treated by acupuncture and moxibustion] *Journal of Chinese Medicine*, 1996 Sep; 52.

### **Acupuncture Helps Lower Scrotum Temperature, Increase Sperm Count infertility**

Conclusion: men that manifest higher scrotal temperatures due to genital tract inflammation or poor lifestyle habits can benefit from the scrotal temperature lowering effects of acupuncture.

Poor spermatogenesis in patients with inflammation of the genital tract is associated with scrotal hyperthermia. These patients can benefit from acupuncture treatment. We conducted a study to verify whether the influence of acupuncture treatment on sperm output in patients with low sperm density is associated with a decrease in scrotal temperature. The experimental group included 39 men who were referred for acupuncture owing to low sperm output. The control group, which comprised 18 normal fertile men, was used to define a threshold (30.5 degrees C) above which scrotal skin temperature was considered to be high. Accordingly, 34 of the 39 participants in the experimental group initially had high scrotal skin temperature; the other five had normal values. Scrotal skin temperature and sperm concentration were measured before and after acupuncture treatment. The five patients with initially normal scrotal temperatures were not affected by the acupuncture treatment. Following treatment, 17 of the 34 patients with hyperthermia, all of whom had genital tract inflammation, had normal scrotal skin temperature; in 15 of these 17 patients, sperm count was increased. In the remaining 17 men with scrotal hyperthermia, neither scrotal skin temperature nor sperm

concentration was affected by the treatment. About 90% of the latter patients suffered from high gonadotropins or mixed etiological factors. Low sperm count in patients with inflammation of the genital tract seems to be associated with scrotal hyperthermia, and, consequently, acupuncture treatment is recommended for these men. *Asian Journal of Andrology* (2009) 11: 200-208. doi: 10.1038/aja.2008.4; published online 5 January 2009.

*Asian J Androl.* 2009 Mar;11(2):200-8. Epub 2009 Jan 5. Siterman S, Eltes F, Schechter L, Maimon Y, Lederman H, Bartoov B.[1] 1Maccabi Fund Complementary Medicine, Kaufman Street, Tel Aviv 68012, Israel [2] 2Refuot-Integrative Medical Centre, Ramat Aviv Gimel, Tel Aviv 69123, Israel.

## **Produce More Sperm - Increasing Ejaculate Volume**

By Ben Anderson

New research by Israeli fertility experts has challenged current medical opinion, which holds that refraining from sex for up to a week is beneficial for men prior to undergoing some types of fertility treatment. Doctors from Soroka University and Ben-Gurion University tested over 7,200 semen samples for semen volume, sperm concentration and shape, and the percentage and total count of motile (active and moving) sperm. The samples were from around 6,000 men being investigated or treated for infertility who had abstained from sex for periods of up to two weeks.

More than 4,500 of the samples had normal sperm counts while the remainder had varying degrees of oligozoospermic (reduced) counts ranging from mild, through moderate, to severe. The researchers found that while the volume of semen increased up to 11 to 14 days of abstinence, whatever the sperm count was, the morphology (shape and form) of the sperm gradually deteriorated. In the samples from men with reduced sperm counts the proportion of motile sperm actually fell significantly from day two onwards, reaching a low at day six and remaining low. Dr. Eliahu Levitas will tell the annual meeting of the European Society of Human Reproduction and Embryology in Madrid: "Semen volume was directly and significantly correlated with duration of abstinence, while sperm motility was inversely and significantly related to abstinence in oligozoospermic samples only. The percentage of normal forms of sperm was inversely and significantly related to abstinence in both moderately oligozoospermic and normal samples." Dr. Levitas, a senior physician at the fertility and IVF unit of Soroka University Medical Center, said that most fertility clinics followed the World Health Organisation guidelines of recommending sexual abstinence for two to seven days prior to treatment. "Our data challenge the role of abstinence in male infertility treatments. What we have found is not so relevant to ICSI, where only a single sperm is injected into the egg, but for those treatments where we are trying to get the best possible sperm quality for

intra-uterine insemination. "For these patients we recommend minimal abstinence - ideally no more than two days." Dr. Levitas said there was no real consensus among researchers as to why sperm gets damaged and becomes less viable. "It's possible that there is oxidative DNA damage by, for example, cigarette smoking or other damaging agents. Or perhaps the sperm from oligozoospermic men is more susceptible to detrimental agents and therefore might benefit from spending only a short time in the reproductive tract."

Ben Anderson - Administrator - GF Lifestyles Article Source:  
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A Chinese study was carried out on 248 males who suffered from sperm abnormalities, absence of ejaculation and impotence. Treatment of acupuncture was given every other day. 20 treatments comprised one course. 2 courses were given (approx 2 months). About half of the patients with abnormal sperm achieved good sperm count and motility. (20-60mill/ml with 20-60% motility and less than 20% deformity). 52 % of patients with abnormal sperm failed to respond, a large percentage of those (40%) who were diagnosed with azoospermia, failed to respond at all. Zhang J [The Acupuncture treatment of 248 cases of male infertility], Chinese Acupuncture and Moxibustion, Vol 7, 1987.

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