

Study about unexplained infertility

The Treatment of 50 Cases of Unexplained Fertility with Chinese Herbal Medicine by Trevor A. Wing & Elke S. Sedlmeier

The aim of this study was to determine the relationship between female fertility indicators and the administration of Chinese herbal medicine (CHM). This research project was a prospective cohort clinical study to measure accepted bio-medical factors that affect female fertility and to determine if CHM can improve these factors as well as pregnancy outcome. The study took place between November 2003 and December 2004 at a private clinic specializing in the treatment of infertility with TCM. Included in the study were fifty women with the Western medical diagnosis of unexplained infertility. Each patient's menstrual cycle was monitored for one menstrual cycle to measure pre-treatment fertility factors. This monitoring was then followed by treatment with Chinese herbal medicine and subsequent measurement of the changes in the same fertility factors. The results observed showed significant differences between the two time points for the majority of factors measured. Pregnancies in the sample group recorded 6 months after commencement of the last treatment were 28, with 11 live births and 7 miscarriages. The study outcome demonstrates that using Chinese herbal medicine results in higher success rates of pregnancy, with no patient side effects and a reduction in the category of patients conventionally classified as having unexplained infertility.

Dr. sin med. Andrea A. Kaffka

Heilpraktikerin, Autorin und Dozentin
Traditionelle Chinesische Medizin
Akupunktur & Psychotherapie

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