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## Uwarunkowania psychosomatyczne a choroby cywilizacyjne.

Impact of a of assisted reproductive technologies (art) procedures on family life of the patient.

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Infertility is one of the most ancient disorders which interferes with the family structure. The development of assisted reproductive technologies , mainly in vitro fertilization (IVF) and intracytoplasmic sperm injection (ICSI) succeeded to assist those couples who could not fulfill their wish for a child. Sperm quality undoubtedly, plays a major role in the journey of a couple to conceive. It is of the greatest importance in determining the quality of the developing embryo.

Traditional Chinese Medicine (TCM) is known for over 3000 years as an efficient method for treating various health disorders. Recently, it has become also a tool, which is used by couples during conventional treatments of infertility. We assumed that a combination between the methods of

ART and TCM might be beneficial. The aim of the study was, therefore, to determine the effect of the combination of Chinese herbs and acupuncture on routine sperm parameters in couples, who failed to conceive in their previous ICSI attempts. The study consisted on 32 couples who failed to conceive in at least 3 previous ICSI attempts. Patients were analyzed according to the „8 principles” of the Chinese Medicine. Individual Herbs formulas were daily administrated. Acupuncture treatments, were done weekly. Sperm analyses were performed determining: volume of ejaculate, PH, sperm concentration, sperm motility and morphology, before and during the study. These parameters were also compared with sperm criteria of 25 patients, who

underwent 2 sperm analyses within a 4 months period of time, taking antibiotics in conventional treatments. A higher rate of normal morphology was noticed before and during the treatments (after a mean of 39.58±9.3 days) using a paired T-Test (14.17±6.4 vs 26.58%±11.7, respectively; (F(29)=13.594, p<.001)). Additionally, a significant difference in was noticed in the volume of the ejaculate after treatment (t=-2.184 p<0.05). No change was noticed in the rate of normal forms in the control group (21.9±10.4 vs 25.26%±10.29). Out of the 30 couples, 18 clinical pregnancies were achieved, 11 of which already resulted in successful deliveries, 1 ongoing pregnancy, 1 ectopic and 3 were terminated on 8W, 11W and 13W. A combination of acupuncture and Chinese herbs may be a useful, no traumatic supporting treatment for males and couples who failed to conceive in IVF, and intend to undergo further fertility treatments for family planning. Further investigation is still taking place.