



Acupuncture and Chinese Medicine Effect on Infertility Caused by Low AMH

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Abstract

Low AMH caused infertility is a difficult condition in the clinic. Acupuncture and Traditional Chinese Medicine (TCM) effect on this condition, as the treatment of TCM can regulate hormone disorder, improve reproductive system's function. TCM essences are holistic conception, syndrome differentiation and treatment. Effective treatment for this condition should work according to different phases of the menstrual cycle, mainly to replenish kidney and liver, nourish the blood, remove stagnation Qi and until-blood stasis, and regulate penetrating vessel and Conception vessel.

Keywords

Infertility; Low AMH; Diminished Ovarian Reserve; IVF; Acupuncture; Chinese herbs

Background Review

AMH refers to the Anti-Mullerian Hormone. This is a substance that develops egg sacs (ovarian follicles) secrete. The higher the number of eggs remaining in the ovaries, the higher the level of AMH in the bloodstream. Therefore Low AMH levels are generally considered to be an indicator of a **low ovarian reserve**. A woman's ovarian reserve refers to the quality and quantity of her eggs, and a low ovarian reserve means those factors are decreasing. When AMH hormone levels are low, patients will commonly have lower pregnancy chances (with or without IVF) compared to women of the same age with normal levels [1,2].

The reason for low AMH

- Hormonal Imbalance;
- Age; Age affects woman's AMH level, as AMH start decreasing after age of 35;
- Ovarian surgery due to endometriosis, ovarian cysts; ectopic pregnancy;
- Environmental factor;
- Pelvic infection;
- Women who are living constant under stress and anxiety;
- Unhealthy deity, smoking, vitamin deficiency, particular vitamin D deficiency;
- Genetic factors

TCM concepts for female reproduction

TCM describes all the aspects of female reproduction –the organs, the glands and their secretion, and the psyche in terms of kidney function, heart function and the uterus. 'The uterus, the heart and kidney form the core of reproductive activity.'

The kidney 'dominates reproduction' and are the store of reproductive essence, or Jing. The kidney Jing, kidney Yin and kidney Yang play a key role in female physiology at all its stage-puberty, pregnancy and menopause [3,4]. The heart encompasses the mind and activity which controls the whole cycle and whole organs. The uterus describes the arena where all of this happens which includes all the reproductive organs; uterus, ovaries, fallopian tubes and cervix. The pathways or channels provide the means of communication between the heart, uterus, and kidneys. The spleen produces the blood also controls the circulation of blood in the vessels, it is an important role to support productive organs and their function. The liver stores blood and smooth movement of Qi and therefore plays a critical role during events surrounding ovulation and menstruation. Whole-body organs organically work on a holistic way to control and support reproductive systems.

Infertility caused by Low AMH pathology and pathogenesis in TCM

Kidney deficiency: Most female reproductive problems are due to kidney deficiency. Huangdi's Internal Classic, (in 2000 years ago) the chapter of (Shang Gui Tian zhen) (上古

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天真 论) in the Plain Questions states 'when a female turns 7 years old, her kidney Qi become strong, she starts to change teeth, and her hair grows longer, when she turns 14 years old, Tian Gui arrives, Conception Vessel opens up and Penetrating Vessel becomes full, her menstrual period arrives regularly, and she is able to bear a child.'

Blood deficiency or Blood stasis: [Chen shu an fu ke bu jie] said, if pathology of menstrual bleeding stop, and it should not be considered as Blood deficiency or Blood stasis.

(陈素庵妇科补解) (经水不当绝而绝)的病机是, (非血瘀即血虚)

Essence and Blood constituting the material basis of the human body, have a common source: Blood comes from congenital essence (kidney Jing) and is nourished by acquired food essence. Jing and Blood are from same source. The heart's function is to control blood circulation and mental activities. The spleen is source of nutrients for growth and development'. It serves as an important blood reservoir. If the heart, liver and spleen functions properly, reproductive systems work well. Any dysfunction of them or disharmony between each other can cause blood deficiency or Blood stasis which results in gynaecologic conditions.

Stagnation Qi and blood of heart, liver and spleen: [Fu QingZhu Niv Ke] The Amenorrhea is stagnation of Qi and Blood of heart, spleen and liver. (傅青主女科) 年未老经水断的病机是由于 (心, 肝, 脾之瘀) Any stagnation of Qi and Blood stasis of heart, liver and spleen, can cause organ dysfunction, that can influence the menstrual cycle and fertility.

Stress is one of the very common reasons which can cause liver Qi stagnation and Blood stasis; liver Qi stagnation can affect spleen function, causing Blood deficiency and Blood stasis. Stress also can disturb Heart's 'Shen ', as the Heart is the importance of communication between kidney and uterus for its reproductive systems. So that stagnation of heart, liver and spleen can disturb the menstrual cycle and caused gynaecologic condition.

Phlegm-Dampness retention: in the body or in the reproductive organs which can cause obstruction in ovaries, fallopian tubes, uterus, and blood vesical, channel. It can decrease function of ovaries, causing hormones imbalance.

General treatment strategy for infertility caused by low AMH

The general treatment strategy for infertility caused by low AMH is based on syndrome differentiation depending on individual cases. The treatment is follow the different phase of menstrual cycle

Menstrual phases: Invigorate blood and discharge the lining of the uterus.

In this phase we should encourage the complete discharge of menstrual blood so that a new endometrium can grew evenly on a smooth base. The newly formed endometrium appears to provide more favorable implantation site for an embryo. Some women with low AMH have light menstrual period, we should invigorate blood and dissolve stasis .encourage the discharge complete.

Post -menstrual phase: Nourishing kidney Yin and Blood .This is a crucial phase of the cycle, it is the important time to increase kidney Yin and Blood, so as to improve pituitary function and ovaries' structure and function, to support follicle's growth and maturation, and also to prepare ovulation and also prepare uterus lining for succeed to implantation.

Ovulation phase: Promoting of Qi and Blood. When Yin and Blood have been replenished and fortified, egg is mature ready, it is the time to activity Qi and Blood to unblock the channel, dilate the fallopian tubes, and support ovaries relieve egg to ovulate.

Post -ovulation phase: Strengthening kidney Yang to support implantation. kidney Yang performs a very important function after ovulation, when a fertilized egg reaches the uterus and implants and develops. The treatment should strengthen the spleen; boost the Qi, warm kidney Yang to increase progesterone level, to support implantation.

TCM concepts 'Jing, Qi, Shen' they are fundamentals facts of human body. 'Jing 'is fundamental substance of life; 'Qi 'is vital energy; 'Shen' is spirit. 'Jing', 'Qi' 'Shen 'are organically related to each other, and support each other. If they are harmonized, then a body system works well and reproductive systems works well. Effective treatment must be regulated to 'Jing' 'Qi' 'Shen' together, especially clam and regulate 'Shen '; Emotional stress can affect the function of hypothalamus, causing pituitary gland dysfunction, affect menstrual cycle and fertility. So that good lifestyle and Chi Kung or Tai chi and other way of relaxation excises are important ways to improve gynecologic condition and fertility.

Case Study

Case one

J, 39 years old, police woman, Initial visit date: 13.10.2015.Her AMH was 0.33 ng/ml, she has tried family since she was 32 years old. But had not succeeded in failing pregnant naturally. She suffers from ITP, (low platelets) she had anaemia in the past. She had a few fibroids. She had cyst on her left ovary when she was 19 years old, and she had an operation during which the left ovary was removed. She had five IVF. The fourth IVF gave her a son. The fifth IVF, she has a five of follicles but no egg in it. Between this period time, she had two operation one removed her fibres; one removed her polyps in the uterus. Her diagnosis was premature ovarian failure and she was suggested to use donated eggs for next IVF. Because of her age and her low ovary reserve, she only has 5percent chance to get pregnancy if she carries on IVF with her own eggs. Her menstrual period was heavy, irregular, and painful, lasting about 7days, her menstrual cycle was about 40 days, some months no ovulation; she has little fertile mucus, dry vaginal, she also had hot flushes and sweating in the night. insomnia; anxiety. She had asthma in the past. Her pause was weak, short, and wiry; her tongue was pale and small, less fur.

Main complains: Low AMH, premature ovarian failure.

Premenopausal symptom: Irregular period, little fertile mucus; dry vaginal; hot flushes; sweating in the night; insomnia; anxiety.

Differentiation of symptoms by TCM: kidney essence deficiency, kidney and Liver Yin deficiency, Blood and Qi deficiency, liver Qi stagnation, Blood stasis. Penetrating vessel and Conception vessel are weak and disharmony. (Tongue small, pale colour and thin fur. Pauses: thin, weak, string)

TCM Treatment principle: replenish kidney essence; nourish kidney and liver Yin, clear xu fire; invigorate Blood and anti-blood stasis; smooth and activate liver Qi; regulate Penetrating vessel and Conception vessel

Chinese herbs: Gui Shao Di Huang Wan, RenShen yang rong wan,Tao hong si wu pian, Wen Jing Tang, Jin kui shen qi pain, Jia wei xiao yao wan, ren shen gui Pi tang.

Acupuncture: Fei shu (B13), gan shu (B18), pi shu (B20), shen shu, (B23): Ba Liao (BL31), (BL32), (BL33), (BL34), Yin tang (extra-HN5), bai hui (GV20), zu sang li (St 36), san yin jiao (Sp6), xue hai (Sp10) zhao hai (K6), tai chong (Liv 3) he gu (Co 4) Qi hai (CV5) guan yuan (CV 4), zi gong (V3) zhong ji. (Acupuncture once a week.)

Suggestion on lifestyle and relaxation excises.

Treatment observation: The third sessions was on 02.11.15, she visited the clinic, she felt much more energetic, (she described her energy felt like hundred time better than before) and her sleep was better, less anxiety, much happier. After one cycle of menstruation treatment, her period was less heavy, less pain, less clots, the colour of her bleeding is less dark; she has 31 days of cycle, she had no hot flushes. Her fifth visit was on 24.11.2015, her period was five day, no pain, no clots, Her seventh visit 22.12.2015, She was in her menstrual cycle day 11, she has started to have some fertile mucus. The following day, she ovulated; she had much noticeable fertile mucus. Her BBT chart rised over 0.3 after two days later. Following her

menstrual cycle, I continue to tonify her kidney essence, kidney Yin, and nourish Blood, cleared blood stasis; smooth and activate liver Qi, regulate penetrating vessel and Conception vessel. On 19.01.2016, she was 5 weeks pregnant. I still gave her acupuncture once a week until 12 weeks, followed by once two or three weeks after twentieth week. She had full term pregnancy, and gave a birth to a healthy girl. She is very pleased; she also told me later, her little daughter is very happy and content girl, all of that because of acupuncture during her pregnancy.

Analyzed: J's main complaint is, low AMH, low ovaries reserved. The cause of her problems is kidney Yin deficiency, leading kidney yang deficiency, also caused her liver Yin deficiency, blood deficiency, blood stasis. For the treatments, I focus on replenishing kidney essence and kidney Yin, as well as boost kidney yang, invigorating Blood and anti-blood stasis; at the meantime, I used her scalp acupuncture points, to stimulate her 'Shen'. The Shen points like the Heart to control whole body systems, and also the Shen points location is in the central nerves systems, it governor centre nerves systems and endocrine systems. Those treatments waked up her own body healing system, and help to balance and harmonize different systems. Acupuncture uses general body points and local points to regulate penetrating vessel and Conception vessel, it activates her body holistic Qi flow, her body Qi, Blood, Yin and Yang balanced each other, her body systematic function works better. That is why she felt so much better from the beginning of the treatment. When her Yin have been replenished, and fortified, her ovaries fullest Yin, is better chance to release mature eggs, good quality fertile mucus floods to the cervical for ferry sperms upwards. It creates a better chance to conceive. Her Penetrating vessel and Conception vessel are more sufficient and harmonized, she can become pregnant and maintains well during her pregnancy.

Case two

L, 37 years old. AMH was 0.11 ng /ml, she visited my clinic 22.07.2013. She has a son of 5years old. Her husband's test was normal. They have been trying for nearly four years, she had four miscarriages, between 4-8 weeks of pregnancy. Her menstrual cycle 3-4day/ 25-30. Light period with some clots, she experience some pain in low abdomen and low back; She does not ovulate every month; she saw little fertile mucus during ovulation. She also has dry vaginal, low libido. She looks pale and was often felt tired. she had weak digestive system, bloating in abdomen, constipated or loose stool, and she also felt quite bad tender of breast before her menstrual period. She visited gynecologist, her test shows her AMH level was 0.11ng / ml and poor ovarian reserve. Her diagnosis was premature ovarian failure. Her gynecologist suggest her for acupuncture to support her condition first, if that does not help, she can start IVF.

On examination, Patient has pale, small tongue with teeth marks, light white four, weak, thin, short and swing pause; cold extremities, cold abdomen.

Main complains: Low AMH, Premature ovarian failure.

Symptom: Irregular period, light period flow, little fertile mucus, no ovulation some month, in general weakness, fatigue, bloated abdomen before her menstrual period. Her BBT chart showed her follicular phase and luteal phase both inadequate, her luteal phase was low and short, only 7-8 days, her follicular phase was low and unstable.

Differentiation of symptoms by TCM: Infertility due to kidney Yin and liver Yin both insufficient, kidney Yang deficiency. Blood and Qi deficiency, liver Qi and heart Qi stagnation, Penetrating Vessel and Conception deficiency.

TCM Treatment principle: Replenish kidney and liver Yin, warm up kidney Yang, invigorate Qi and Blood and anti-blood stasis, remove stagnation of heart and liver Qi, nourish and regulate penetrating vessel and Conception vessel.

Chinese herbs: yu lin shu, Jin Gui shen Qi wan, you gui wan, Ren shen yang rong wan, Xiao yao wan, Bu Zhong Yi Qi Wan, Wen Jing Tang.

Acupuncture points: gan shu (BL19), pi shu, (20) shen shu(BL 23),Ba Liao (BL31,.) (BL32), (BL33), (BL34).; Yin tang (Exr 5HN), bai hui (GV20) zu sang li (St36), san yin jiao,(SP6), xue hai (SP10), tai chong, (LIV 3), he gu (CO4). Qi hai (CV5) guan yuan, (CV4),zi gong, (EX-CA1), Gui Lai (ST29), zhong ji (CV3) Acupuncture once a week.

Suggestion: To improve lifestyle, does some special deity for fertility, Chi Kung or Tai Chi for relaxation.

Clinical observation: The first cycle after treatment, she felt more relaxed, happier, her sleep better, her tender breast was better. After second cycle of treatment, her menstrual period pain was much less; the bleeding flow was better and fresher. Her tend of breast and her PMT symptoms was much better. Her digestive systems works much better, her bloated abdomen and her bowel's movement much better, she felt more energetic. Her BBT chart shows, her luteal phase temperature was still low, and only last about 9 days. I increase dosage of Chinese herbs and add Ba Liao (BL31,.) (BL32), (BL33), (BL34) acupuncture points, to boost her kidney Yang and spleen Qi, suggest her does moxa at home, the third cycle was complicated by upper respiratory infection. I gave her some herbs and acupuncture; she did not take anti-biotics. Her fertile mucus still little, her luteal phase still same about 9 days. I realised that her luteal phase is difficult to improve, that could be the reason of her kidney Yin and Yang were both very weak, the relationship between Yin and Yang, they interdependence each other, and the existence of the one being the prerequisite of the existence of the other. so I changed the herbs' ingredient, I increased dosage of tonic kidney Yin herbs in follicular phase as well increase kidney Yang herbs in her luteal phase, I add some calming heart and releasing liver Qi stagnation herbs, in follicular phase, also increase boost Qi and improve spleens functions herbs in luteal phase, After the four cycle of treatment, she felt noticeable vaginal mucus during ovulation, her BBT chart shows her luteal phase temperature was higher and last about 12 days. After six months of acupuncture and Chinese herbs, she was pregnant naturally. She has full terms of pregnancy. She gave birth to a healthy baby girl.

Analyzed: L's Low AMH level and infertility due to her both liver and kidney deficiency. She has general constitution weakness. So that her reproductive systems has dysfunction. The liver and kidney have a common source, the essence of liver and kidney can reinforce each other, and deficiency of the one will result in deficiency of the other. The kidney and liver weakness are main reason for infertility. I replenish her kidney Yin and her liver Yin, and boost and warm up her kidney Yang. As the spleen is the source of nutrients for growth and development, I improved her spleen function, made her digest system working better, her energy better, her source of Qi and Blood improved. Her general constitution is better; her reproductive systems function better, she got pregnant naturally.

Case three

H, 36 years old, office worker. She initially visited on 26.11.2011. Her AMH was 0.26ng / ml, PCOS, progesterone low, Left side of fallopian tube blocked. Trying for family for 5 years, she has three miscarriages. Menstrual period 5-6 days/ 28 -40 days. She was overweight, but lost 12kg. Her menstrual period become from 28 -32 since she lost weight, her cycle was better, She experience low back pain and abdomen pain throughout her menstrual period. She has bloated abdomen, loose stool or constipation some time, lot of discharge from vaginal, loose stool, tender breast and angry easily 5-7 day before menstrual period. She has cold hand, feet and cold of buttock. She had sinus problems.

Symptoms: Irregular and painful period, no ovulation some months, bloated abdomen, loose stool, some fluid retention symptoms before menstruation; excessive cervical discharge; blocked sinuses; blockage of fallopian tube, Cold extremities. Luteal phase temperature was low and short; some month has little of the usual biphasic pattern. Her tongue was puffy and coated with white and thick grease fur; her pause was choppy and tight.

No	Names of patent herbal formulae	Chinese spelling names	Ingredients of formulae in Latin name	Dose (G)
1	Renshengui Pills	Renshen	<i>Radix Ginseng</i>	15
		Baizhu	<i>Rhizoma Atractylodis Macrocephalae</i>	12
		Huangqi	<i>Radix Astragali</i>	12
		Fushen	<i>Poria</i>	12
		yuanzhi	<i>Radix Polygalae</i>	9
		Suanzaoren	<i>Semen Ziziphi Spinosae</i>	12
		Longyanrou	<i>Arillus Longan</i>	9
		Danggui	<i>Radix Angelicae Sinensis</i>	9
		Dazao	<i>Fructus Zizyphi Jujubae</i>	9
		Zhigancao	<i>Radix Glycyrrhizae</i>	6
2	Xiaoyao Pills	Chaihu	<i>Radix Bupleuri</i>	9
		Dangui	<i>Radix Angelicae Sinensis</i>	9
		Baishao	<i>Radix Paeoniae Alba</i>	9
		Baizhu	<i>Rhizoma Atractylodis Macrocephalae</i>	9
		Fuling	<i>Poria</i>	9
		Bohe	<i>Herba Menthae</i>	3
		Zhigancao	<i>Radix Glycyrrhizae</i>	6
		Shudihuang	<i>Rehmannia Glutinosa, Libosch</i>	24
3	Jinkuishenqi Pills	Shanyao	<i>Dioscorea Opposita Thunb</i>	12
		Shanzhuyu	<i>Fructus Corni</i>	12
		Mudanpi	<i>Cortex Moutan</i>	9
		Zexie	<i>Rhizoma Alismatis</i>	9
		Fuling	<i>Poria</i>	9
		Rougui	<i>Cortex Cinnamomi</i>	3
		Chaihu	<i>Bupleurum Chinese DC</i>	11
4	Jiaweixiaoyao Pills	Dangui	<i>Radix Angelicae Sinensis</i>	11
		Baishao	<i>Paeonia Lactiflora Pall</i>	11
		Baizhu	<i>Rhizoma Atractylodis Macrocephalae</i>	11
		Fuling	<i>Poria</i>	11
		Mudanpi	<i>Cortex Moutan</i>	9
		Zhizi	<i>Gardenia Jasminoides Sillis</i>	9
		Bohe	<i>Herba Menthae</i>	2
		Gancao	<i>Glycyrrhizae Uralensis Fisch.</i>	9
5	Buzhongyiqi Pills	Huangqi	<i>Radix Astragali</i>	24
		Renshen	<i>Radix Ginseng</i>	12
		Baizhu	<i>Altractylodes Macrocephala Koidz</i>	12
		Danggui	<i>Radix Angelicae Sinensis</i>	12
		Shengma	<i>Rhizoma Cimicifugae</i>	6
		Chaihu	<i>Bupleurum Chinese DC</i>	9
		Chenpi	<i>Pericarpium Citri Reticulatae</i>	9
		Zhigancao	<i>lycyrrhizae Uralensis Fisch.</i>	6
6	Shen Ling Bai Zhu Pian	Renshen	<i>Radix Ginseng</i>	12
		Baizhu	<i>Rhizoma Atractylodis Macrocephalae</i>	12
		Fuling	<i>Poria</i>	12
		Zhigancao	<i>Glycyrrhizae Uralensis Fisch.</i>	12
		Shanyao	<i>Dioscorea Opposita Thunb</i>	12
		Baibian dou	<i>Semen Dolichoris Lablab</i>	9
		Yiyiren	<i>Semen Coicis Lachryma-jobi</i>	6
		Sharen	<i>Fructus Amomi</i>	6
		Jiegeng	<i>Radix Platycodi Grandiflori</i>	6
7	Liu Wei Di Huang Wan	Shudihuang	<i>Rehmannia Glutinosa, Libosch</i>	24
		Shanyao	<i>Dioscorea Opposita Thunb</i>	12
		Shanzhuyu	<i>Fructus Corni</i>	12
		Mudanpi	<i>Cortex Moutan</i>	9
		Zexie	<i>Rhizoma Alismatis</i>	9
		Fuling	<i>Poria</i>	9
8	Taohongsiwutang	Chuanqiong	<i>Radix Ligustici Chuanxiong</i>	9
		Danggui	<i>Radix Angelicae Sinensis</i>	9
		Baishao	<i>Paeonia Lactiflora Pall</i>	9
		Shudihuang	<i>Rehmannia Glutinosa, Libosch</i>	12
		Taoren	<i>Semen Persica</i>	9
		Honghua	<i>Carthami Tinctorii</i>	6
9	Bazhentang	Shudihuang	<i>Rehmannia Glutinosa, Libosch</i>	18
		Danggui	<i>Radix Angelicae Sinensis</i>	15
		Baishao	<i>Paeonia Lactiflora Pall</i>	15
		Chuanqiong	<i>Radix Ligustici Chuanxiong</i>	9
		Renshen	<i>Radix Ginseng</i>	9
		Baizhu	<i>Altractylodes Macrocephala Koidz</i>	12
		Fuling	<i>Poria</i>	15
Zhigancao	<i>Glycyrrhizae Uralensis Fisch.</i>	6		

10	Ren Shen Yang Ying Tang	Baishao	<i>Paeonia Lactiflora Pall</i>	12
		Danggui	<i>Radix Angelicae Sinensis</i>	9
		Chenpi	<i>Pericarpium Citri Reticulatae</i>	9
		Huangqi	<i>Radix Astragalii</i>	15
		Rougui	<i>Cortex Cinnamomi</i>	3
		Baizhu	<i>Altractylodes Macrocephala Koidz</i>	9
		Renshen	<i>Radix Ginseng</i>	12
		Zhigancao	<i>Glycyrrhizae Uralensis Fisch.</i>	6
		Baizhu	<i>Altractylodes Macrocephala Koidz</i>	9
		Shudihuang	<i>Rehmannia Glutinosa, Libosch</i>	12
		Wuweizi	<i>Fructus Schisandrae</i>	4
		Fuling	<i>Poria</i>	9
		yuanzhi	<i>Radix Polygalae</i>	9
11	Aifunuangongwan	Xiangfu	<i>Rhizoma Cyperi</i>	12
		Aiye	<i>Folium Aetemisar Argyi</i>	6
		Danggui	<i>Radix Angelicae Sinensis</i>	12
		Huangqi	<i>Radix Astragalii</i>	9
		Wuzhuyu	<i>Fructus Evodiae Rutaecarpae</i>	9
		Chuanqiong	<i>Radix Ligustici Chuanxiong</i>	9
		Baishao	<i>Paeonia Lactiflora Pall</i>	9
		Shudihuang	<i>Rehmannia Glutinosa, Libosch</i>	9
		Rougui	<i>Cortex Cinnamomi</i>	3
		Xuduan	<i>Radix Dipsaci Asperi</i>	9
12	Xuefuzhuyutang	Taoren	<i>Semen Persica</i>	12
		Honghua	<i>Carthami Tinctorii</i>	9
		Danggui	<i>Radix Angelicae Sinensis</i>	9
		Chuanqiong	<i>Radix Ligustici Chuanxiong</i>	4.5
		Chishao	<i>Radix Paeonia Rubrae</i>	6
		Niuxi	<i>Radix Achyranthis Bidentatae</i>	9
		Chaihu	<i>Radix Bupleuri</i>	3
		Jiegeng	<i>Radix Platycodi Grandiflori</i>	4.5
		Zhike	<i>Fructus Citri seu Ponciri</i>	6
		shengdihuang	<i>Ridix rehmanniae Glutinosae</i>	9
Gancao	<i>Radix Glycyrrhizae</i>	3		
13	Wen Jing Tang	Wu zhu yu	<i>Fructus Evodiac rutaecarpac</i>	9
		Gui zhi	<i>Ramulus Cinnamomi Cassiae</i>	6
		Danggui	<i>Radix Angelicae Sinensis</i>	9
		Chuanqiong	<i>Radix Ligustici Chuanxiong</i>	6
		Shao yao	<i>Radix Paeoniae</i>	6
		Mai men dong	<i>Tuber Ophiopogonis Japonici</i>	9
		Mu dan pi	<i>Cortex Moutan Radiciis</i>	6
		Ren Shen	<i>Radix Giseng</i>	6
		Sheng Jiang	<i>Rhizoma Zingiberis Officinalis Recens</i>	6
		Ban xia	<i>Rhizoma Pinelliae</i>	6
Gancao	<i>Radix Glycyrrhizae</i>	3		
14	Dao Tan Tang	Ju hong	<i>Pericarpium citri Erythrocarpae</i>	3
		Ban xia	<i>Rhizoma Pinelliae</i>	6
		Fu ling	<i>sclerotium Poriae Cocos</i>	3
		Gan cao	<i>Ridix Glycyrrhizae Uralensis</i>	1.5
		Zhi shi	<i>Frucutus Immaturus Citri Aurantii</i>	3
		Tian nan Xing	<i>Rhizoma Arisaematis</i>	3
15	Gui Shao Di Huang tang	Shudihuang	<i>Rehmannia Glutinosa, Libosch</i>	24
		Bai shao	<i>Radix Paeoniae</i>	12
		Shanyao	<i>Dioscorea OppositaThunb</i>	12
		Shanzhuyu	<i>Fructus Corni</i>	12
		Mudanpi	<i>Cortex Moutan</i>	9
		Zexie	<i>Rhizoma Alismatis</i>	9
		Fuling	<i>Poria</i>	9
Danggui	<i>Radix Angelicae Sinensis</i>	9		

Table 1: Patents names of herbal formulae and ingredients names in Chinese and Latin

Differentiation of symptoms by TCM: Spleen and kidney Yang deficient, Phlegm -dampness retention, liver Qi stagnation, Blood stasis, deficiency and disharmony of Penetrating Vessel and Conception Vessel.

TCM Treatment principle: Invigorate spleen Qi, boost kidney Yang, clear up phlegm and dampness, and release liver stagnation and anti-Blood stasis. Nourish and harmonize Penetrating Vessel and Conception Vessel.

Chinese herbs: cang fu dao tan wan. Yu Lin Zhu, Gui Shao Di Huang tang, Ren shen yang rong tang, you gui wan, Wen Jing Tang. Bu

Zhong Yi Qi tang.

Acupuncture points: Zhong wan(Ren 12) Qi hai, (Ren 6) Guan Yuan (Ren 4), Shui dao, (St 28) Gui lai, (St 27), zu san li (St 36),san ying jiao, (sp 6), Yin Ling Quan, (Sp 9) Feng Long, (St 38) Tai Xi (K 3) Pi shu (Bl 20)Shen Shu (BL 23)

Suggestion: Some special diet to reduce dampness in the body, some food support her fertility, and some physical exercises and start to Chi Kung or Tai Chi for relaxation.

Clinical observation: After the first cycle of treatment, her bloated abdomen and her bowel movement was better. She felt more

relaxed. The cycle 2, her general health was better, she felt more energetic, her period pain was less, and last not so long, she ovulated in her cycle day 16 her temperature luteal phase was longer. Her PMS symptoms and fluid retention was better, tender breast was less, her cycle was 30 days. When her dampness and phlegm's retention was better, I start to increase her Boost Qi herbs from beginning of her follicular phase and luteal phase. And increased warming up kidney Yang's herbs in her luteal phase. The cycle 3, she felt lots of better by herself, she lost some weight, she ovulated on her cycle day 14, her fluid retention was much better, she visited her gynecologist, and her blood test AMH was 0.55 ng /ml. She felt more positive. The cycle 4, her BBT chart shows a much better pattern. Her luteal phase was 12 day, and temperature was higher and constantly. On 13.04 2012, she visited my clinic, with a positive pregnant test; she was pregnant for 5week. She felt cold, and mild abdomen pain, I prescribed her 'An Tai fang' to tonify her spleen and Qi, warm up her kidney Yang and support her pregnancy. She still had acupuncture until 28 weeks pregnant. She gave birth to a beautiful baby girl in full term. When her daughter was 4 years old, she fallen in pregnant naturally again, she has two beautiful daughters now.

Analyzed: H's main problems was Spleen and Kidney both deficiency, Phlegm- dampness retention. Her kidney and spleen function weak which allows Damp to accumulate. Leading to

pathogenic obstruction. This is the reason caused her fallopian tube blocked, it also could cause her uterus and ovaries and reproduction organs do not function well due to lack of nourishing and support from her body vital energy and blood, that may be why her AMH level was low, and she has poor eggs' quality. After two cycle of treatment, her AMH level was increased, that indicted the treatment was correct. I following the principle of the treatment: eliminate her phlegm and dampness retention, Invigorates spleen Qi, and kidney yang, boost kidney Yang by promote Qi and Blood. So that her spleen and kidney function improved, her general body organs function works better, her reproductive systems works better. So she fell to pregnant successfully (Table 1).

Reference

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