Slide 1

Homeopathy for Infertility

Slide 2

OB-GYN clinic

Slide 3
OB-GYN
Endocrinologist
Radiologist
Homeopath
Nurse practitioner
2x Nurses
3x Physician’s assistants
Thermography
Halo

Puberty
• Menarche
• Amenorrhea
• Acne

Menstruation
• PMS
• Dysmenorrhea
• Menorrhagia
• PCOS
• Fibroids
• Hormonal imbalance
• Endometriosis
• UTIs, yeast infections, HPV
• Inflammation
• Sexual difficulties

Pregnancy
• Fertility
• Pregnancy
• Induction
• Childbirth
• Postpartum
• Lactation

Menopause
• Hot flushes
• Weight gain
• Libido
• Vaginal dryness
• Osteoporosis
• Thyroid
• Anxiety
• Depression

Homeopathy for Infertility
Slide 7

Prevalence

- The CDC states that 12.3% of women in the United States have difficulty conceiving or maintaining pregnancy (7.5 million) (2011-2013).
- 7.4 million women have used fertility treatments (2006-2010).

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Causes of Female Infertility

Problems with the eggs or ovaries

- Anovulation
- PCOS
- Premature ovarian failure
- Age
- Poor egg quality

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Hormonal causes

- Increased androgens
- Increased prolactin
- Imbalances in estrogen or progesterone (estrogen dominance)
- Prolonged use of oral contraceptive pill
Estrogens in the environment

- Hormone disrupters: Chemical (xenoestrogens), and foods and plants (phytoestrogens)

**Xenoestrogens:**
- Pesticides
- Water
- Hormones in meat and dairy products
- Plastics
- Fabric softeners contain petrochemicals
- Laundry detergents
- Soaps, toothpastes
- Cosmetics
- Perfumes
- Nail polish and nail polish removers
- New carpets
- Copiers and printers

[www.ewg/skindeep.com](http://www.ewg/skindeep.com)

**Phytoestrogens** (from foods and plants)

- Soy
- Black Cohosh
- Chasteberry
- Dong Quai
- Red Clover
- Caffeine

Cruciferous vegetables block excess estrogen

Indole-3-carbinol (I3C) or DIM (3,3’-diindolylmethane)

- Broccoli
- Kale
- Collard greens
- Cabbage
- Brussel sprouts
- Bok choy
- Cauliflower
Causes of Infertility:

**Chronic disease**
- Hypothyroidism or hyperthyroidism
- Sexually transmitted diseases (chlamydia, gonorrhea, trichomonas, syphilis)
- Yeast infections
- Cancer
  - Cushing's syndrome (excess Cortisol)

**Structural causes**
- Endometriosis
- Fibroids
- Cervical stenosis
- Adhesions
- Scarring

**Problems with cervical mucus**
- Not enough cervical mucus
- Poor quality cervical mucus (not right consistency, pH, etc)
- Immune attack of sperm or “sperm allergy”
Uterus or fallopian tubes
• Blocked fallopian tube often due to pelvic inflammatory disease secondary to chlamydia or other infection
• Scarring from ectopic pregnancy or previous surgery
• Abnormal uterine lining

Other
• Stress
• Aging
• Genetic factors

Affect on relationships
Clinical studies showing effectiveness of Homeopathy for Female Infertility

**Slide 20**

**Female Infertility**
- Randomized, placebo-controlled clinical double-blind study researchers found a positive effect of a homeopathic prescription in 38/67 women (57%).
- Positive results were found on:
  - Inducing pregnancy
  - Regulating menstruation (induced spontaneous menstruation and shorten the menstrual cycle)
  - Regulating hormones (improved concentration of progesterone in the luteal phase)
  - and Earlier ovulation.


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**FEMALE INFERTILITY**
- Study of 182 infertile women. 168 (92%) Responded to a questionnaire.
- Ages: 24-41 y/o Ave age: 32 years
- Tried to conceive for 1-11 years. (Ave 5 years)
- 28% Out of 168 (n=47) got pregnant within 2 yrs after homeopathic treatment
- Pregnancy was successful in 62% of women who had tried to become pregnant for less than 3 years, and in 15% in women who had tried for a more than 5 years.
- Treatment was more successful in younger women.
- 12/47 pregnancies (26%) ended in miscarriage, 35/47 (74%) were successfully completed.
- All children, with the exception of one, were healthy at birth.


- Trial: Gerhard 1993a
- Indication: Female infertility
- Type of homeopathic treatment: Individual homeopathy
- Non-randomized, not blind
- Results: Baby take-home rate was 6/21 in homeop. patients and 2/21 in standard patients


- Trial: Gerhard 1993b
- Indication: Female infertility
- Type of homeopathic treatment: Individual homeopathy
- Non-randomized, not blind
- Results: Take-home baby rate was 6/21 in homeop. patients and 2/21 in conventionally treated patients

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- Trial: Gerhard 1998
- The effects of Mastodynon® (combination remedy), an *Agnus castus*-containing preparation, were investigated in 96 women with fertility disorders.
- Randomized, Placebo-Controlled, Clinical Double-Blind Study
- Results: Pregnancy: 5/33 in Placebo group; 10/33 in verum group.
- Conclusion: In women with sterility due to secondary amenorrhoea and luteal insufficiency, a treatment with Mastodynon can be recommended over a period of 3 to 6 months.
- Peer reviewed: Yes

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- Trial: Kalampokas 2014
- Type of homeopathic treatment: Individual homeopathy
- Included N: 5
- Non-randomized, not blind
- Results: All patients were pregnant within 10 months.
- Peer reviewed: Yes

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- Trial: Lai 2000
- Indication: Female infertility
- Field: Gynecology and obstetrics
- Type of homeopathic treatment: unknown
- Control: Allopathic drugs
- Design: parallel
- Sequence generation: randomised
- Results: The homeop. treatment was not inferior to the standard treatment.
- Reviewed: Milani 2002
• Trial: Wittmann 1993
• Indication: Female infertility
• Field: Gynecology and obstetrics
• Treatment: Mastodynon® (Complex remedy)
• Control: Placebo
• Design: parallel
• Sequence generation: non-randomised
• Blinding: double blind
• Results: Pregnancy rate was higher in homeop. than in placebo patients.
• Reviewed: Wein 2002

Homeopathy is one of several alternative therapies that are used in treating infertile people. CAM therapists take a more holistic view of infertility treatment than allopathic health professionals.


Homeopathy can help up to 60% of couples trying to conceive.


Risks of IVF

• IVF Linked to Small Increased Risk for Mental Retardation
  JAMA. 2013;310:42-43, 75-84. Article abstract, Editorial extract
• Sperm Injection Procedure May Increase Birth Defects
  NEJM. Published online May 5, 2012
A case of infertility with PCOS and Hypothyroidism.

Remedy suggestions?
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Case analysis

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Observations

• Appears confident, animated
• Her eyes sparkle.
• Colorless mole above lip
• Multiple skin tags
• Her face flushes easily when talking or getting excited
• She is excitable
• She is a great storyteller, very engaging and a favorite with the clinic staff—they absolutely love her.
• Engaging, warm, bubbly personality

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Key words/Phrases (from patient)

• Never felt accepted, never fitted in
• We found you behind a big cabbage in the field
• Life of the party, full of energy around people
• Crash when alone
• Take on too much, strong sense of responsibility
• Feel like a royal queen; Dreams about well known people
• Likes fine, luxurious things, delicacies, expensive food
• Sensual, vibrant, colorful
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List of complaints

- Infertility
- PCOS
- Hypothyroidism
- Fatigue
- Irregular menses
- Vaginal dryness
- Dyspareunia
- Rectal fissures
- Alopecia
- Hirsutism
- Difficulty losing weight
- Back pain
- Anxiety
- Congenital dysfunctional, atrophied R kidney
- Chronically swollen tonsils
- Chronic ear infections
- Recurrent bronchial infections
- Exercise induced asthma

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Hierarchy of Symptoms

1. Non-functioning R kidney
2. Hypothyroidism
3. PCOS
4. Back pain
5. Vaginal dryness
6. Hirsutism

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Affinities

- R ovary
- R kidney
- Thyroid
- Hormones
- Back
- Lungs
- Ears
- Rectum
- Tonsils
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**Etiology**
- Congenital dysfunctional R kidney
- Family history of PCOS, thyroid disease, infertility, kidney disease
- Multiple injuries to back and tail bone as a child

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**Modalities**
- Tired feeling in small of back.
- **Worse for:** Sitting
- **Better for:** Floating on back, weightless in the pool; massage.
- Dyspareunia and R ovarian pain < ovulation
- Energy > for being around people, however afterwards I crash.

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**Miasm (Hahnemann’s)**
1. Psora
2. Figwort (Sycosis)
3. Luetic (Syphilus)
4. Tubercular
5. Cancer
• **Carcinosum** (craves cream and rich foods, moles, hx cancer, strong responsibility, ++ infections and sore throats)
• **Platina** (not feeling appreciated, royal air)
• **Phosphorous** (sparkling, loves company, bleeding rectal fissures, hair falling out in spots, flushing of her face, excitability, respiratory infections)
• **Thuja** (hirsutism, colorless mole, skin tags, atrophy of kidney)
• **Sepia** (lower back pain, vaginal dryness, ropy menses, alopecia, excitability in company, fatigue)
• **Elaps** (craves cream, black menses)
• **Argentum nitricum** (ovarian cyst: delusion she is neglected)

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**Palladium 200c: one dose**

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Palladium metallicum
• Named after an asteroid
• First proved by Hering in 1850
Palladium materia Medica: Lippe

- An ovarian remedy; produces the symptom-complex of chronic ovaritis.
- OVERSENSITIVENESS TO OFFENCE [F.]
- Keeps up brightly, when in company, much exhausted afterwards [Btt.]
- SWELLING OF RIGHT OVARY WITH SORENESS AND SHOOTING PAINS
- Constant tired feeling in small of the back [F.]
- Love of approbation and pride; easily offended [Btt.]
- Fond of good opinion of others
- Excitable
- The symptoms are caused or aggravated by mental excitement, wounded pride, and non-approval by others.

Gunavante says:

- Love of approbation; easily hurt; bright in company, exhausted afterwards.
- Longs for the good opinion of others.
- Delusion she is not appreciated; she is insulted; forsaken.
- Easily offended.
- Does everything to win appreciation by being the 'life of the party/society; though she is much exhausted afterwards.
- Delusion, he is neglected.
- Delusion, he neglected his duty.
- Desires flattery.
- Pain and swelling in region of right ovary.
Follow up

Soon after taking the remedy she developed a sore throat which resolved within a few days.

Patient sends email with photo attached:
I went on vacation and met a psychic. Within seconds of meeting me, she recognized me as the Queen of Holland (Wilhelmina) and said, "oooooooh! It gave me goose bumps." She went on to tell me all kinds of past life experiences I had, from being an oil painter in Polynesia where I taught, to being a painter in Beverly Hills, California before I was born. She didn't know that I'm a painter. She looked at husband and told him, "What about you? Hmm. You're just going along for the ride with her in this lifetime." He replied with a smile saying, "Pretty much!"

Here are some photos to make a comparison. <LOL> If this is true... I WANT MY DIAMOND TIARA BACK! That was your commercial break for the day. Now, get back to work!!
Patient got pregnant again easily and naturally at 44 y/o. She had a natural home birth with a birthing pool and of course... Homeopathy. 

Today she is the proud mom of two beautiful children ages 9 and 5.

Comparing Palladium with other remedies

- Very similar
- Similar female genital symptoms
- Both have a tendency to feel forsaken and neglected
- Platina has a stronger sex drive
- Palladium has a stronger need for flattery and good opinion of others.
- Platina is more overtly haughty, whereas in Palladium it’s more subtle and less offensive. Palladium has a greater desire for approval and praise and cares more about what others think.
- Palladium is more sensual, whereas Platina is overtly sexual
Palladium and Argentum

- Argentum also has ovarian pain, prolapsed uterus and abdominal symptoms
- Palladium is R-sided
- Argentum is L-sided
- Argentum has the crash and burn after anticipating an event or social situation
- Whereas in Palladium it’s less about the anticipation and rather fizzling out her sparkle while she’s there.

Palladium and Phosphoric acid

- Both have great mental fatigue with aversion to any mental exertion
- In both time drags slowly
- Both have irritability
- Phosphoric acid appears more indifferent, vacant and would rather just sit and watch TV

Palladium and Pulsatilla

- Both have easily hurt feelings
- For feel forsaken or neglected
- Both are social
- Both cry easily
- Both have a tendency to ovarian cysts
- Pulsatilla is thirstless
- Palladium’s R sided laterality is more marked
- Pulsatilla feels better during and after company and isn’t completely exhausted by company like Palladium is.
- Both like consolation, however it’s much stronger in Pulsatilla
**Palladium and Lycopodium**
- Both have nausea and acidic eructations
- Both have R-sided laterality
- Both have R-sided ovarian problems
- Both have urinary frequency with scanty urine; hematuria or red, sandy deposit
- Both have ego issues with desire for compliments

**Rubrics**

**Infertility with heavy discharges**
- Female; STERILITY; leucorrhea, with (4): 2kreos., 2nat-c., caul., nat-p.
Infertility with menstrual problems

- Female; STERILITY; menses; profuse, from (7) : 2calc., 2nat-m., 2sulph., merc., milt., phos., sul-ae.
- Female; MENSES; profuse; general; sterility, in (4) : 2canth., 2milt., 2phos., 2sulph.
- Female; STERILITY; menses; early, and too (2) : phos., sulph.
- Female; STERILITY; menses; suppressed (1) : agn.
- Female; MENSES; scanty; sterility, in (1) : 2canth.

Infertility and sexual desire

- Female; STERILITY; sexual desire; excessive, with (4) : 2kali-br., 2phos., 2plat., cann-i.
- Female; STERILITY; sexual desire; without (1) : agn.
Infertility caused by STD's

- Medorrhinum
- Thuja
- Pulsatilla
- Mag sulph
- Nit ac
- Merc sol
- Merc-cor
- Sepia
- Cantharis
- Aurum-m
- Cann-sat
- Nat sulph
- Copaiva
- Cubeba off
- Hydrastis
- Sulphur
- Arg nit

Common emotional states a woman may feel in Infertility

Impatience

Mind: IMPATIENCE (159): 3Cham., 3Ign., 3Nux-v., 3Sop., 3Sil., 3Sulph, 2acon., 2apis, 2ars., 2ars-h., 2ar-si., 2bry., 2calc., 2carb-ac., 2cina, 2coloc., 2dulc., 2 weeds., 2phyos., 2plums., 2psor., 2puls., 2rhus-t., 2sul-ac
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**Guilt**


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**Feeling like a failure**


- Mind; DELUSIONS; imaginations; failure, he is a (5): 2Chlorpr., 2Germ., 2Naja., 2Rhod., 2Sulph.

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**Getting pregnant is all she thinks or talks about**

- Mind; THOUGHTS; general; persistent (172)
- Mind; MONOMANIA (36)
- Mind; BROODING; constantly over loss of a child (2): 2Gels., 2Kali bich.
- Mind; BROODING (71)
Grief
• Mind; AILMENTS from; death; child, of a (12): 3Ign., 2gels., 2kali-br., calc., caust., lach., nat-m., nux-v., ph-ac., plat., staph., sulph.

Disappointment
• Mind; AILMENTS from; disappointment, deception (33): 4IGN., 4STAPH., 3Aur., 3bry., 3ign., 3lach., 3nat-m., 3Ph-ac., 3ph-s., 2bry., 2con., 2gels., 2hura, 2lach., 2mer., 2nux-v., 2squ-i., 2spig., 3squ-i., 3squ-o., 3squ-r., 3squ-s., 3squ-v., 3squ-w., 3tanent., 3tub., 3verat.

• Mind; AILMENTS from; celibacy, being unmarried (13): 2agn., 2cann-i., apis, calc., cocc., con., fl-ac., hydrobr-ac., lil-t., lyc., phos., plat., sep., verat.

• Mind; AILMENTS from; children, not having (1): lac-h.
Despair


Jealousy

- Mind; JEALOUSY; general (71): 4HYOS., 4LACH., 4NUX-V., 3Plat., 2apis, 2calc-s., 2cench., 2lyc., 2med., 2nux-m., 2puls., 2staph., 2stram., 2teucr.
- Mind; ENVY; happy, to see others (2): cub., hell.
- Mind; SADNESS, despondency, depression, melancholy; happy, on seeing others (2): cic., hell.

Dreams about babies

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Check list when approach Infertility

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Step 1:
Improve ovulation

- Folliculinum
- Ovininum
- Pulsatilla
- Cimicifuga
- Caulophyllum
- Apis
- Lycopodium
- Conium
- Colocynthis
- Iodum
- Graphites
- Lachesis
- Platina
- Palladium
- Aurum iodatum
- Rhus tox

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Step 2:
Improve quality of menstrual blood

- Dark blood: Crocus, Hamamelis, Chamomilla, Calendula, Ranunculus, Rhus toxicodendron
- Dark, clotted blood: Conium, Pulsatilla, Secale, Chamomilla
- Dark, cloaked blood: Belladonna, Pulsatilla, Conium
- Bright red, clotted blood: Belladonna, Chamomilla, Lilium tigrinum, Thapsigall
- Bright red with air: Belladonna, Pelargonium
- Ropy/stringy blood: Crocus, Cuprum, Ignatia, Ignatia, Lycopodium, Lachesis, Pulsatilla
- Pale watery blood: Nat mur, Ferrum metallicum, Carbo vegetabilis, Trillium
Step 3: Address underlying disease
- Yeast infection
- STD's
- Chronic infection
- Fibroids
- Endometriosis
- PCOS

Step 4: Address sexual trauma
- Staphysagria
- Nat mur
- Ignatia
- Carcinosum
- Sepia
- Thuja
- Stramonium
- Folliculinum
- Cenchris
- Causticum

Mind; AILMENTS from; abuse (11):

Mind; AILMENTS from; sexual; abuse; raped, being (9):

Step 5: Strengthen libido
- Sepia
- Causticum
- Helonius
- Lycopodium
- Folliculinum
- Phosphoric acid
- Agnus cactus
- Kali bromatum
- Onosmodium
- Nat mur
- Mag carb
- Ignatia

Rubrics:
- Female; SEXUAL; desire; diminished (83)
- Female; SEXUAL; desire; wanting (19)
Step 6: Improve quality of cervical mucus
- Nat mur
- Nat carb
- Nat phos
- Medorrhinum
- Borax
- Kali bich
- Hydrastis

Female; Leucorrhea; acrid, excoriating (15)
Female; Leucorrhea; alkaline (1)
Female; Leucorrhea; creamy, like (1)
Female; Leucorrhea; ptyal, like (1)
Female; Leucorrhea; lumpy (1)
Female; Leucorrhea; sticky, tenacious (15)
Female; Leucorrhea; crass, with (15)
Female; Leucorrhea; tenacious, with, thick, from (2)
Female; Leucorrhea; tenacious, with, thick, from (1)

Step 7: Address miasm

<table>
<thead>
<tr>
<th>Miasm</th>
<th>Calc carb</th>
<th>Sulphur</th>
<th>Lycopodium</th>
<th>Psorinum</th>
<th>Mezereum</th>
<th>Graphites</th>
<th>Petroleum</th>
<th>Kali bich</th>
<th>Sepia</th>
<th>Silica</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psora Figwort Luetic Tubercular Cancer</td>
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The table above is a generalization. It is not complete. Some remedies may fit more than one miasm.
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**Folliculinum**
- Anovulation
- Women who have taken the OC-pill for many years
- Women who have taken +++ hormone e.g. for IVF
- Fibroids, PCOS
- Yeast infections
- PMS, Hormonal imbalances, menstrual irregularities
- History of an eating disorder

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**Nux vomica**
- Very impatient to get pregnant. Wants it to happen ASAP
- Will readily try hormone therapies to get pregnant stat
- To help detox after OC-pill, prescription drugs such as anti-depressants, hormone therapy during IVF, etc
- Infertility in people who have a history of drug or alcohol abuse
- May have started a family later in life in lieu of her career
- Competitive athletes with low body weight
- Hormonal issues: excess testosterone or androgens
- Type A personalities
- PMS before menses with great irritability
- Infertility is causing a lot of arguments with her partner
- Constipation with ineffectual urging

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**Sepia**
- Similar to Nux vom
- Helps detox after OC-pill, prescription drugs such as anti-depressants, hormone therapy during IVF, etc
- May have started a family later in life in lieu of her career
- Competitive athletes with low body weight
- Hormonal issues: excess testosterone or androgens, estrogen dominant
- PMS before menses with great irritability. Constipation
- However, Nux typically has a high libido, whereas in Sepia it’s typically low.
- In Sepia, there may have been a history of miscarriage or abortion
- Sepia may have genital herpes, yeast infections and tendency to miscarriage
- Sepia may have a history of an eating disorder.
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Carcinosum
- Older Carcin women feel guilty about waiting so long to have children
- They often will explore all options including drug therapies to feel like they’ve done everything they can
- They may feel guilty about not being able to bear a child for their partner
- They take on all the responsibility
- This is often a good remedy for a super mom with a special needs child who is overextended and struggling to conceive a second
- There may be a history of sexual abuse
- Infertility may be due to underlying chronic infection
- There may be a history of miscarriage. If multiple miscarriages consider Syphilinum instead

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Thuja
- Infertility where sycotic miasm predominates
- STD's: Genital warts, HPV, herpes, gonorrhea and PID
- Ailments from suppressed warts or gonorrhea
- Ailments from vaccinations, including Gardasil (HPV vaccine)
- Ovarian cysts especially L-sided cysts
- Hirsutism, acne with menstrual irregularities
- Amenorrhea or scanty menses, esp after OC-pill
- Tendency to warts, skin tags, cysts, fibroids, polyps and growths
- Amenorrhea or scanty menses, esp after OC-pill
- Menses stains the linen and difficult to wash out
- Miscarriages at end of 3rd month

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Medorrhinum
- Infertility where sycotic miasm predominates
- STD's: Genital warts, HPV, herpes, gonorrhea and PID
- Ailments from suppressed gonorrhea or leucorrhea
- Leucorrhoea: thick, acrid, yellow-green, fishy smelling
- Improves cervical mucus especially in women with a history of yeast infections or have been taking the OC pill
- Difference between Medorrhinum and Thuja see next slide
Compare Medorrhinum and Thuja

<table>
<thead>
<tr>
<th></th>
<th>Medorrhinum</th>
<th>Thuja</th>
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</thead>
<tbody>
<tr>
<td>Body temp</td>
<td>Warm</td>
<td>Chilly</td>
</tr>
<tr>
<td>Discharges</td>
<td>Profuse</td>
<td>Scant</td>
</tr>
<tr>
<td>Personality</td>
<td>Extrovert</td>
<td>Introvert, secretive</td>
</tr>
<tr>
<td>Menses</td>
<td>Inter-menstrual bleeding</td>
<td>Scant/suppressed</td>
</tr>
</tbody>
</table>

Nat mur
- Nat mur types feel deep grief and loss about the thought of possibly not being able to have a child.
- Every month that their period arrives they feel disappointed, bitter and defeated
- It's so painful that talking about it is difficult
- They don’t want consolation
- Nat mur can help improve quality of cervical mucus, especially if there is a history of yeast infections
- Like Carcinosum they blame themselves for waiting so long to start a family
- They feel like there is something wrong with them
- They may have a history of an eating disorder

Natrum carbonicum
- Infertility from non-retention of semen, there’s a lot of mucus discharge after sex.
- Have patient lay in bed for 15 minutes after sex (she can even elevate the pelvis) and take remedy. Try not to go to the bathroom right away.
- May have sperm “allergy” and allergies in general
- Self-sacrificing, care-givers, difficulty putting their needs first in relationships
- Poor stamina (physical and mental weakness)
Staphysagria

- Infertility with history of +++ urinary tract infections or yeast infections
- May be a history of rape, molest or sexual abuse
- Sexual dysfunction, painful sex
- Amenorrhea from anger or indignation
- Menses pale, then dark and clotted

Kreosotum

- Yeast infections with excoriating leucorrhea which burns the parts over which it flows.
- Leucorrhea may cause infertility.
- Sperm cannot survive
- After the leucorrhea disappears pregnancy can follow
- Sex is painful

Borax veneta

Na₂B₄O₇·10H₂O - borate of sodium
**Borax**
- Infertility
- Yeast infections with profuse, albuminous, thick, clear leucorrhea, like warm water running down the legs.
- Low libido
- Borax improves mucus quality
- Borax increases low levels of Estradiol. It also helps effectiveness of IVF by improving absorption of the hormones.

**Helonias**
- Yeast infections with lumpy, curdled leucorrhea like cottage-cheese
- Low libido
- Infertility or tendency to miscarriage
- Anemic
- Fatigue, yet cannot sleep
- Prolapsed uterus
- Awareness of womb

**Pulsatilla**
- Infertility with:
  - PCOS or anovulation
  - Amenorrhoea, irregular, scanty or suppressed menses
  - Menses: pale, watery or dark and coagulated
  - Hormonal imbalance, increased Prolactin
  - History of STD’s especially Gonorrhea
  - Yeast infections; Leucorrhoea: milky, thick, white, albuminous, with swollen, itchy vulva.
  - Multiple miscarriages
  - Patient is weepy every menses, despondent about her fertility.
  - She feels better for consolation
Agnus cactus
- Scanty menses or amenorrhea
- Aversion to sex (stronger than Sepia)
- Relaxation of genitals
- Leucorrhoea staining yellow, passes without patient noticing
- Broken down state
- After sexual excess or gonorrhea.
- After abuse of alcohol or drugs
- Mentally depressed, apathetic, despairing, weak memory

Scars and adhesions
- Can inhibit fertility.
- Scarring in fallopian tubes, scarring from infection or surgery (after laparoscopy/abdominal surgery/C-section) or after an ectopic pregnancy.
- Thiosinaminum and Silica can help with scarring.
  - Thiosinaminum: for deeper scars or scarring that tends to keloid.
  - Fibroids, uterine tumors, Lupus, chronic enlarged glands and strictures: urethral, rectal, cervical. Yellow-green, lumpy leucorrhoea and painful, heavy menses.
  - Silica: strengthens the immune system. Indications of Silica deficiency: brittle hair and nails.

Other remedies
- Cimicifuga: hormonal imbalance, estrogen dominance, boosts progesterone, anovulation
- Caulophyllum: hormonal imbalance, anovulation
- Thlaspi Bursa Pastoris: dark clotted blood
- Mitchella repens: uterus painful and irritated, cervix is swollen, engorged, dark-red
- Dioscorea: after miscarriage to restore health to endometrium and boost progesterone
Prevalence

According to the Mayo clinic: In almost 50% of infertile couples, male infertility plays a role.

Causes

- Low sperm count
- Poor motility
- Poor morphology
- Blockages that prevent the passage of sperm
- Premature ejaculation, retrograde ejaculation
- Injuries or chronic disease
- Constrictive clothing, narrow bike seats, can inhibit sperm function.
- Frequent exposure to heat e.g. saunas, hot tubs, heated car seats can elevate the testicular temperature, impairing sperm production. Firefighters clothing.
Chemical exposures which affect Male Infertility

- Prescription drugs: antidepressants, chemotherapy, radiation, steroids, testosterone
- Recreational drugs: smoking, alcohol, marijuana
- Bisphenol-A (BPA): Cash register receipts, canned food, plastics, water bottles, food containers, children’s toys. BPA decreases sperm concentration, sperm count, sperm motility, sperm vitality.


Urine bisphenol-A (BPA) level in relation to semen quality.

- Pesticides
- Phthalates: sex toys, vinyl shower curtains, cleaners, dryer sheets, vinyl flooring, detergents; automotive plastics; soap, shampoo, deodorants, fragrances; hair spray, nail polish, plastic bags, food packaging, garden hoses, inflatable toys, blood-storage bags, intravenous medical tubing.
- Flouride, MSG, non-fermented soy products, bovine growth hormone, etc, etc, etc

Clinical studies showing effectivity of Homeopathy for Male Infertility

Gynecological Hospital, University of Heidelberg, Germany.
Sample group: 45 sub-fertile men
Average age: 35.5 years (range 28-47).
Ave. duration of unwanted childlessness: 4.5 years (range: 2-11 years).
Ave length of treatment: 10.3 months. (range: 6-21.5 months)
Seven patients dropped out after 2-5 months.
Underlying conditions:
- In 30: genital disease
- In 20: varicocele
- In 5: undescended testes
- In 15: urogenital inflammation
- In 1: coital impotence
- In 5: previous genital trauma

Individualized homeopathic treatment improved sperm count and quality (progressive and propulsive motility), density of sperm and hormones. The general health of the patients also improved significantly.

Individualized homeopathic treatment. Each received a single medicine.
- Posology: LM 18 potency. 3 Drops daily shaking before taking.
- Abstain from caffeine, but if this was not possible, they were asked to avoid taking it within 1-2 hours of taking the homeopathic medicine.
- The patients attended the clinic every six weeks for review. If the medicine was still indicated, the drug was re-prescribed at a one step higher potency. If not, a different homeopathic medicine was prescribed.

A total of 26 homeopathic medicines were prescribed. The most common ones were (in order of the number of prescriptions):
1. Natrum muriaticum,
2. Lycopodium,
3. Calcarea carbonicum,
4. Pulsatilla,
5. Phosphorus,
6. Silicea, and
7. Thuja.
Results
▪ Significant improvement after 6, 9, and 12 months of homeopathic treatment.
▪ Sperm density improved by a median of 26.4 after 3 months, by 12.6% after 6 months, and 37.1% after 12 months (P=0.011).
▪ The ratio of sperm with good propulsive motility was initially pathologically low in all patients, but after 3, 6, and 9 months of therapy, it improved by 20% (P=0.0037) and after 12 months, it improved by 45% (P=0.0009).
▪ The density of sperm with good propulsive motility increased above the baseline of 1.8 million. After 3 months, there was improvement by 27.6% (P=0.02), 6 months by 40% (P=0.003), 9 months by 55.2% (P=0.01), and 12 months by 81.5% (P=0.02).
▪ An improvement in global sperm motility improved during the first three intervals, especially after 6 months (P=0.045), but after 12 months, the median improvement decreased and was no longer significant.

▪ A total of 8 pregnancies occurred in 7 couples, with one having twins.
▪ Five pregnancies produced a healthy child or twins, while three ended in spontaneous abortion and two miscarriages (to the same couple). These numbers represent a baby take-home rate of 11.1%.
▪ There were various improvements in the men’s general health, especially those suffering from abdominal disorders (P=0.0004) after 6 months and (P=0.052) after 9 months. In general, the men observed greater improvement in various local symptoms than in their psychological state or more general symptoms.
▪ This experience runs counter to homeopathic theory that predicts greater improvement in general health prior to local symptoms.
▪ Ironically, 5 of 7 drop-out patients experienced significant improvement after 3 months, including a 55% increase in sperm density, 83% increase in progressive motility, and 196% increase in the density of sperm with good motility.

▪ There were improvements in the density of sperm with good motility in men who didn’t smoke at 3 and 6 months, but these changes were not significant in men who smoked.
▪ Men who drank little or alcohol (<30 gram alcohol/day; n=20) experienced an increase in sperm density with good propulsive motility by 72.2% (P=0.04) after 3 months and 51.8% (P=0.04) after 6 months, but the increase for men who drank more alcohol was only 14.2% after 6 months and was not significant.
▪ The density of sperm with good propulsive motility improved by 55% after 3 months in the high-caffeine group (n=20) (P=0.04), and was only increased by 19.4% in the low-caffeine group. Moreover, after 6 months, the caffeine group of men’s sperm density improved by 70.2% (P=0.04), while the low-caffeine group increased 37.3% (P=0.04).
The men with few amalgam fillings (n=18) experienced greater improvement in sperm density with good propulsive motility at 72.2% after 3 months (P=0.022) and 97% after 6 months (P=0.017), as compared to the amalgam-rich group (n=27) with 11.4 and 19%.

Men who were exposed to noxious factors in the workplace (n=11) experienced a less rapid increase and a smaller overall improvement.

Men who self-described themselves as more stressed (n=21) experienced greater improvement in density of sperm with good propulsive motility than those men in the “no stress” group (n=24).

The positive results from this study suggest the need to conduct a more rigorous placebo-controlled trial.

Source: Gerhard, I, Wallis, E, Individualized homeopathic therapy for male infertility, Homeopathy (2002)91,133-144. PMID: 12322866

Thus: Obstacles to Cure

- Smoking
- Alcohol consumption of greater than 30 g/day,
- Five or more dental amalgam fillings
- Exposure to chemicals in the workplace
- Previous inflammatory genital diseases.

Factors which did not negatively affect treatment outcome:

- Stress
- Age > 36
- Coffee consumption
- Long duration of unwanted childlessness
Sperm motility in cows

Mitochondrial activity effects sperm viability and motility. Monensin (antibiotic used in cattle feed) is used in the lab to inhibit sperm mitochondrial activity.

This study evaluated the effect of homeopathic dilutions of monensin on sperm mitochondrial activity. Semen samples were tested using a flow cytometer for mitochondrial activity and sperm viability using Rhodamine 123 and SYBR-14, respectively.

Conclusion

Homeopathic dilutions of monensin increase mitochondrial activity of bovine spermatozoa without negative effect on sperm viability. The 9x dilution was the most effective.


Rubrics

• Male; STERILITY

• Male; INDURATION; testes (67)

• Male; ATROPHY, shrivelled; general; scrotum (11)
Problems with sexual desire

- Male; COITION; aversion to, sexual aversion (46)
- Male; SEXUAL; desire; diminished (175)
- Male; SEXUAL; desire; wanting (155)

Slide 128

Remedies for Male Infertility

1. Agnus cactus
2. Causticum
3. Natrum muriaticum,
4. Lycopodium,
5. Calcarea carbonicum,
6. Pulsatilla,
7. Phosphorous,
8. Silicea,
9. Thuja
10. Sulfa (Sulfanilamide)
11. Ferrum metallicum
12. X-ray

Slide 129

MEDORRHINUM

- Enlarged prostate with frequent urging and painful urination
- Impotence
- White, urethral discharge
- Improve the quality of the seminal fluid
- History of gonorrhea in patient or family history
- Addresses syphilitic miasm
- History of excessive drug or alcohol use
- History of sexual excesses
**Slide 130**

**YOHIMBINUM**
- Impotence
- Increases sexual stamina
- Improves seminal emissions

**Slide 131**

**WITHANIA SOMNIFERA (ASHWAGANDA)**
- Impotency.
- Low sex drive.
- Masturbation.
- Spermatorrhea (excessive, involuntary ejaculation)
- Emissions at night and at stool.

**Slide 132**

**SELENIUM**
- Increases libido
- Strengthens force of ejaculation
- There may be heightened sexual desire with loss of power
- Erectile dysfunction: unable to attain or maintain erection, incomplete erections
- Prostate problems
- Low sperm count
Slide 133

ZINCUM METALLICUM

- Improves zinc absorption
- Improves sperm motility
- Increases volume of prostatic fluid

Slide 134

Diet and Lifestyle

- Low-Carb Diet Improves In Vitro Fertilization


Slide 135

Fertility foods for Her
## OB-GYN and corresponding miasm

<table>
<thead>
<tr>
<th>Miasm</th>
<th>Disease</th>
</tr>
</thead>
</table>
| Psora| Yeast infections, candidiasis, genital thrush, acne, sinusitis with purulent discharges, cryptococcosis, scrub typhus, tinea, tinea cruris, tinea versicolor, chronic otitis media, chronic bronchitis, chronic asthma, chronic sinusitis, fulminant bubonic plague, tularemia, chancroid, chancres, lichen planus, purpura, lichen nitidus, chronic otitis media, chronic bronchitis, chronic sinusitis, fulminant bubonic plague, tularemia, chancroid, chancres, lichen planus, purpura, lichen nitidus, coqueluche, barking cough, bronchitis, bronchi, bronchiectasis, coughing, cough, coughing, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, cough, 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