

---

## Contents

<b>1 Introduction</b> .....	1
<b>1 Fertility Treatment—Its Social and Cultural Context</b> .....	2
<b>Reduced Fertility—Epidemiology—Causes</b> ..	2
<b>Reproduction and Sexuality</b> .....	4
In the West—Christianity, Enlightenment, and the “Pill” .....	4
In the East—Confucianism, Buddhism, Daoism, and Modern China .....	5
Integration: TCM .....	6
<b>2 Ethics</b> .....	8
<b>Human Dignity</b> .....	8
Circumstances of Conception—Criteria .....	8
<b>Instrumentalization—Intervention in Fertility     Treatment</b> .....	10
<b>Love, Sex, and Reproduction</b> .....	11
<b>Developments</b> .....	12
<b>3 Guanyin—Goddess of Fertility</b> .....	13
<b>Introduction</b> .....	13
<b>Starting a Family in China</b> .....	13
Legend—Who is Guanyin and Where Does She Come From? .....	13
<b>Goddess of Compassion</b> .....	14
<b>Guanyin—A Mother Goddess</b> .....	14
<b>Song Zi Niang Niang—The Woman Who     Can Bestow Children</b> .....	14
<b>Times of Prayer</b> .....	15
<b>Willingness and Openness</b> .....	16
<b>Transmitting Symbolism to the West</b> .....	16
<b>4 The Wish for Sons—Woman and Family in Imperial China—<i>Qiu Zi</i>     (求子)</b> .....	18
<b>The Status of Women</b> .....	18
The Family .....	18
Transition to Patriarchy .....	19
Legitimization by the Philosophers .....	19
Rules for Women .....	20
Physically Tied by Bound Feet .....	20
The Life of a Girl .....	21
Continuation of the Family in the Afterlife ..	21
The Economic Aspect .....	22
Who Would Want Girls? .....	22
Men’s Special Privileges .....	23
No Escape for the Woman .....	23
<b>Causes of Childlessness</b> .....	23
Conception and Sexuality .....	25
<b>Couldn’t It Have Been Different?</b> .....	26

**5 Advice on Successful Sexual Intercourse from the Medical Classics** . . . . . 28

How Often is the Man Allowed? Containing the Damage in Spite of “ <i>Jing Loss</i> ” . . . . .	28	The When and Where Must be Heeded as Well . . . . .	33
“The Soldier is not Ready for Action” . . . . .	31	No Offspring Even Though Everything Was Done Correctly? . . . . .	36
When She Can’t Do as She Wants . . . . .	33	Pregnant at Last—Now How to Avoid Mistakes? . . . . .	38

**2 Fertility Treatment and Pregnancy—Reproductive Medicine and TCM in Meaningful Cooperation** . . . . . 41

**6 Fertility Treatment and Pregnancy—Reproductive Medicine and TCM in Meaningful Cooperation** . . . . . 42

<b>Introduction</b> . . . . .	42	Risks to the Woman after the Embryo Transfer . . . . .	57
Requirements for a Successful Pregnancy . . . . .	42	Multiple Pregnancies . . . . .	57
<b>Causes of Subfertility and Infertility in Women and Men</b> . . . . .	45	Risks to Children Born after Assisted Reproduction . . . . .	58
The Four Phases of the Menstrual Cycle from the Western and TCM Perspective . . . . .	45	Summary of the Risks . . . . .	58
Probabilities of Pregnancy . . . . .	45	Options of TCM in the Treatment of Infertility and Sterility . . . . .	58
Causes of Subfertility and Infertility in Women and Men . . . . .	47	Special Characteristics of TCM Diagnosis and Therapy . . . . .	59
Diagnosis of Subfertility, Infertility, and Sterility . . . . .	48	Diagnostic Procedures in TCM . . . . .	59
Symptothermal Method of Natural Family Planning . . . . .	50	Therapeutic Options of TCM when Assisting Reproductive Medicine . . . . .	63
<b>Biomedical Methods for the Treatment of Infertility and Sterility</b> . . . . .	52	<b>Cooperation between TCM and Biomedicine</b> . . . . .	65
Hormone Therapy for Cycle Optimization . . . . .	52	<b>Case Histories</b> . . . . .	65
Intrauterine Insemination . . . . .	53	Case History 1: Female patient, 38 years (IUI) . . . . .	65
In Vitro Fertilization . . . . .	53	Case History 2: Female patient, 42 years (IUI) . . . . .	66
Intracytoplasmatic Sperm Injection . . . . .	54	Case History 3: Female patient, 38 years (IUI) . . . . .	68
Methods to Complement IVF and ICSI . . . . .	55	Case History 4: Female patient, 39 years (IVF) . . . . .	68
<b>Risks of Treatment with Reproductive Medicine</b> . . . . .	57	Case History 5: Female patient, 38 years (ICSI) . . . . .	70
Risks to the Woman in the Stimulation Phase . . . . .	57	<b>Conclusion</b> . . . . .	70
Risks to the Woman during Punction . . . . .	57		

<b>3</b>	<b>Fertility Treatment and Pregnancy—Foundations of TCM</b> . . . . .	73		
<b>7</b>	<b>Physiology and Pathology of Fertility and Reproduction from the TCM Perspective</b> . . . . .	74		
	<b>The Energies <i>Jing, Qi, and Xue</i></b> . . . . .	74	<b>The Physiology of Menstruation from the TCM Perspective</b> . . . . .	86
	<b>The Extraordinary Vessels</b> . . . . .	79	<b>Conception</b> . . . . .	87
	The Energetic Interplay of the Extraordinary Vessels . . . . .	80	Key Patterns of Female Infertility . . . . .	88
	<b>The Viscera and Bowels</b> . . . . .	81	<b>Pregnancy</b> . . . . .	88
	Physiology and Pathology of the Kidney . . . . .	81	Causes for a Miscarriage . . . . .	88
	Physiology and Pathology of the Liver . . . . .	83	<b>The Pathology of Infertility from the TCM Perspective</b> . . . . .	88
	Physiology and Pathology of the Spleen . . . . .	84	<b>Summary of Infertility in Tables</b> . . . . .	89
	Physiology and Pathology of the Heart . . . . .	85		
	Physiology and Pathology of the Lung . . . . .	86		
<b>8</b>	<b>Worth a Thousand in Gold—The Quest for Perfect Children in Early China</b> . . . . .	92		
	Introduction . . . . .	92	<b>Summary</b> . . . . .	97
	Sun Simiao and the <i>Bei Ji Qian Jin Yao Fang</i> . . . . .	92	<b>Pregnancy Treatments in the <i>Qian Jin Fang</i></b> . . . . .	98
	Fertility Treatments in the <i>Qian Jin Fang</i> . . . . .	94		
<b>4</b>	<b>Options and Methods in Fertility Treatment</b> . . . . .	101		
<b>9</b>	<b><i>Qi Gong</i></b> . . . . .	102		
	<b><i>Qi Gong</i> and its Medical Applications</b> . . . . .	102	<b><i>Qi Gong</i> as Treatment by the Practitioner</b> . . . . .	104
	<b><i>Qi Gong</i> for Fertility Treatment in China</b> . . . . .	103	<b><i>Qi Gong</i> as Self-treatment</b> . . . . .	105
	The Exercises . . . . .	103		
	Exercise and Therapy Plan . . . . .	104		
<b>10</b>	<b><i>Tui Na</i> Therapy</b> . . . . .	112		
	Effect and Application in Infertility . . . . .	112	<b>Self-massage in Infertility</b> . . . . .	117
	Description of a <i>Tui Na</i> Technique and its Effect . . . . .	115		

<b>11 Moxibustion</b> .....	119		
<b>General Effect</b> .....	119	<b>Localization and Application</b> .....	123
Forms of Moxibustion .....	119	The Most Important Points in the	
Range of Applications for Moxibustion ....	121	Treatment of Infertility .....	123
Treatment Principles of Moxibustion .....	121	<b>Problems in the Application of Moxa</b>	
<b>The Use of Moxibustion in Fertility</b>		<b>Therapy</b> .....	124
<b>Treatment</b> .....	121	Application in the Hospital or Clinic .....	124
Cold Stagnating in the Lower Abdomen		Application at Home .....	124
("Cold Lower Abdomen")		Dangers .....	124
in Women .....	123		
<b>12 Acupuncture</b> .....	126		
<b>Points on the Pubic Line 5 Cun below</b>		<b>Points on the Line 2 Cun below the Navel</b> .	132
<b>the Navel</b> .....	126	<b>Points on the Line 1 Cun below the Navel</b> .	134
<b>Points on the Line 4 Cun below the Navel</b> .	129	<b>Important Points on the Liver Channel</b> ....	135
<b>Points on the Line 3 Cun below the Navel</b> .	131		
<b>13 Chinese Dietetics</b> .....	138		
<b>Food Culture and Dietetics</b> .....	138	Recommended Diet for Building Blood ....	145
<b>To Preserve and Protect Jing</b> .....	139	<b>Dampness, Phlegm, and Food</b> .....	146
<b>Certified Organic Food and its Preparation</b> .	141	Recommended Diet for Transforming	
<b>Chinese Dietetics</b> .....	142	Dampness and Phlegm .....	147
Thermal Nature .....	142	<b>Blood Stasis and Food</b> .....	149
<b>Yang, Warmth, and Food</b> .....	142	Recommended Diet for Blood Stasis .....	150
Recommended Diet for Boosting Kidney Yin	144		
<b>14 Chinese Medicinal Therapy in Threatened or Recurrent</b>			
<b>Miscarriage and in Pregnancy</b> .....	151		
<b>Miscarriage and Recurrent Pregnancy Loss</b>		Missed, Septic, or Incomplete Abortion ...	157
<b>from the Perspective of Western Medicine</b> .	151	Habitual Abortion .....	157
Threatened Abortion .....	151	Concluding Remarks .....	159
Missed Abortion .....	151	<b>Chinese Medicinal Therapy during</b>	
Incomplete Abortion .....	151	<b>Pregnancy</b> .....	159
Incipient Abortion .....	152	Contraindications for Chinese Medicinals ..	159
Septic Abortion .....	152	Concluding Remarks .....	160
Habitual Abortion .....	152	<b>Appendix</b> .....	160
<b>Miscarriage and Recurrent Pregnancy Loss</b>		To be Used with Caution During Pregnancy	160
<b>from the TCM Perspective</b> .....	153	Contraindicated during Pregnancy .....	161
Threatened Abortion .....	153		

<b>15 Formula <i>Shao Fu Zhu Yu Tang</i>—Decoction for Treating Infertility</b> . . . . .	162
<b>Introduction</b> . . . . .	162
<b>The Traditional Formula <i>Shao Fu Zhu Yu Tang</i></b> . . . . .	162
<b>Formula Analysis</b> . . . . .	164
Acrid and Hot Substances . . . . .	164
<b>The Application of <i>Shao Fu Zhu Yu Tang</i> in Modern Clinical Practice</b> . . . . .	165
The Treatment of 41 Female Infertility Patients . . . . .	166
The Treatment of Infertility Caused by Blocked Fallopian Tubes . . . . .	166
The Treatment of 40 Female Infertility Patients . . . . .	167
The Treatment of 12 Female Infertility Patients . . . . .	168
The Treatment of Immune Infertility Caused by Endometriosis . . . . .	169
The Treatment of 20 Patients with Semen Liquefaction Problems . . . . .	170
<b>Case Studies</b> . . . . .	171
Case Study 1: Infertility with Dysmenorrhea . . . . .	171
Case Study 2: Infertility . . . . .	172
Case Study 3: Infertility . . . . .	172
Case Study 4: Male Infertility . . . . .	173
Case Study 5: Infertility with Amenorrhea . . . . .	173
<b>Conclusion</b> . . . . .	175
<b>5 Fertility Disorders and Treatment Concepts</b> . . . . .	177
<b>16 Menstrual Disorders—<i>Yue Jing Bing</i></b> . . . . .	178
<b>Physiology of the Menstrual Cycle</b> . . . . .	178
The Female Menstrual Cycle from the Biomedical Perspective . . . . .	178
Female Physiology from the TCM Perspective . . . . .	179
<b>Distinctive Features in Diagnosis and Treatment</b> . . . . .	181
Distinctive Features in Diagnosis . . . . .	181
Distinctive Features in Therapy . . . . .	182
General Pathology . . . . .	182
<b>Excessive Bleeding</b> . . . . .	183
Abbreviated Cycle— <i>Yue Jing Xian Qi</i> (月经先期) . . . . .	183
Profuse Menstruation— <i>Yue Jing Guo Duo</i> (月经过多) . . . . .	189
<b>Dysfunctional Bleeding</b> . . . . .	192
Acyclic Bleeding— <i>Beng Lou</i> (崩漏, Flooding and Spotting) . . . . .	192
Intermenstrual Bleeding— <i>Jing Jian Qi Chu Xue</i> (经间期出血) . . . . .	195
<b>Insufficient Bleeding</b> . . . . .	198
Delayed Menstruation— <i>Yue Jing Hou Qi</i> (月经后期) . . . . .	198
Scant Menstruation— <i>Yue Jing Guo Shao</i> (月经过少) . . . . .	203
Amenorrhea— <i>Bi Jing</i> (闭经) . . . . .	206
<b>Menstruation at Irregular Intervals</b> . . . . .	210
Liver <i>Qi</i> Stagnation— <i>Gan Qi Yu</i> (肝气郁) . . . . .	210
<b>Dysmenorrhea</b> . . . . .	211
Menstrual Pain from <i>Qi</i> Stagnation— <i>Qi Zhi</i> (气滞) . . . . .	212
Blood Stasis— <i>Xue Yu</i> (血瘀) . . . . .	213
<b>Commonly Used Acupuncture Points and their Combinations in Modern TCM</b> . . . . .	216
<b>Case Studies</b> . . . . .	216
Case Study 1: Female Patient, Age 24 (Amenorrhea) . . . . .	216
Case Study 2: Female Patient, Age 36 (Infertility with Dysmenorrhea and Tendency to Miscarriage) . . . . .	217
<b>17 Early Menopause</b> . . . . .	220
<b>Introduction</b> . . . . .	220
Western Diagnosis . . . . .	220
Symptoms . . . . .	220
Differentiation from the TCM Perspective . . . . .	220

<b>Vacuity Patterns</b> . . . . .	221	Liver Qi Stagnation . . . . .	225
Insufficiency of Kidney <i>Yin</i> . . . . .	222	Blood Stasis . . . . .	226
Insufficiency of Kidney <i>Yang</i> . . . . .	223	Damp-heat in the Lower Burner . . . . .	228
Insufficiency of Essence . . . . .	224	Phlegm Accumulation . . . . .	229
<b>Repletion Patterns</b> . . . . .	225	<b>Conclusion</b> . . . . .	230
<b>18 Infertility and Sexual Disorders</b> . . . . .	232		
<b>The Three Dimensions of Sexuality</b> . . . . .	232	Additional Blockages: Heat and Dampness in the Liver and Gallbladder . . . . .	238
<b>Disorders of Male Fertility—Exhaustion of Water (Kidney) and Wood (Liver)</b> . . . . .	233	The Source Dries Up—Kidney Vacuity . . . . .	241
<b>Disorders in the Sexuality of Men and Women</b> . . . . .	234	Weakness of Kidney <i>Yang</i> with Cold and Dampness . . . . .	243
Always under Pressure—Liver <i>Qi</i> Congestion . . . . .	234	A Limp Lumbus—Weakness of Kidney <i>Qi</i> . . . . .	244
Pondering and Reflection—Weakness of Spleen <i>Qi</i> . . . . .	236	Strengthless—Weakness of Lung <i>Qi</i> . . . . .	246
Missing Clarity—Dampness and Damp-heat . . . . .	238	Chilled—Weakness of Heart <i>Yang</i> . . . . .	247
		<b>Differentiation between Patterns</b> . . . . .	248
<b>19 The Treatment of Male Infertility with TCM</b> . . . . .	251		
<b>Infertility—a Special Challenge</b> . . . . .	251	TCM Therapy in Accordance with a Spermiogram . . . . .	257
<b>Causes of Male Infertility</b> . . . . .	252	<b>Case Studies</b> . . . . .	258
<b>Diagnostics and Diagnoses of Male Infertility</b> . . . . .	253	Case Study 1 . . . . .	258
Western Diagnostics and Diagnoses . . . . .	253	Case Study 2 . . . . .	258
TCM Diagnostics and its Most Relevant Diagnoses . . . . .	254	Case Study 3 . . . . .	258
<b>Treatment of Male Infertility</b> . . . . .	254	Case Study 4 . . . . .	259
Biomedical Therapies . . . . .	254	<b>Practical Experiences</b> . . . . .	259
TCM Therapies . . . . .	254	<b>Conclusion</b> . . . . .	261
Combined TCM Therapy in Accordance with TCM Diagnoses . . . . .	256		
<b>20 Endometriosis—<i>Nei Ji</i></b> . . . . .	263		
<b>Causes and Pathogenesis from the Biomedical Perspective</b> . . . . .	263	Stasis due to External Cold . . . . .	269
<b>Endometriosis and Fertility</b> . . . . .	264	Insufficiency of Kidney <i>Yang</i> with Internal Cold (Blood Stasis) . . . . .	269
<b>Clinical Picture and Therapy from the TCM Perspective</b> . . . . .	264	Damp-heat in the Lower Burner (with Blood Stasis) . . . . .	270
Treatment Prior to any Attempt to Become Pregnant . . . . .	266	Damp-heat in the Lower Burner (with Blood Heat) . . . . .	270
Treatment by Means of Medicinal Enemas . . . . .	267	<b>Treatment during Menstruation</b> . . . . .	272
<b>Important Disease Patterns</b> . . . . .	268	<b>Case Study</b> . . . . .	272
Liver <i>Qi</i> Congestion and Blood Stasis . . . . .	268	Infertility due to Endometriosis . . . . .	272

<b>21 PCO Syndrome and Fertility</b> .....	274		
How Does PCOS Arise? .....	274	Kidney Vacuity .....	276
Treatment with Biomedicine .....	274	Phlegm-damp .....	276
Treatment with TCM .....	275	Liver Fire .....	277
Differential Diagnosis .....	275	Qi Stagnation with Blood Stasis .....	278
<b>22 Supplementary Chinese Medicinal Therapy in IVF/ET Treatments</b> .....	279		
History of Fertility Treatment in TCM .....	279	Case Study 6: Five Failed IVF/ET Treatments, OHSS .....	292
Preliminary Results .....	280	Case Study 7: Six Unresolved, Failed IVF/ET Treatments .....	294
When and For Which Patients is IVF/ET or ICSI/ET Treatment Appropriate? .....	281	Case Study 8: Pronounced Endometriosis ..	295
Complications in IVF/ET or ICSI/ET Treatments .....	281	<b>Why Can TCM Support In Vitro Fertilization?</b>	296
Which Method for an Infertile Couple? ...	281	The Gonads are Supported to Improve the Number and Quality of Egg and Sperm Cells .....	296
Who is an Appropriate Candidate for IVF/ET or ICSI/ET Treatments? .....	282	The Receptiveness of the Endometrium and the Embryo Implantation Rate are Improved .....	297
How Can We Support IVF/ET Treatment? ..	282	Embryonal Development is Promoted ....	298
<b>Case Studies</b> .....	288	Cooperation with Biomedicine Reduces the Side-effects of IVF/ET Treatment .....	298
Case Study 1: Thin Endometrium .....	288	Miscarriages are Avoided and Pregnancy Rates Improved .....	298
Case Study 2: Thin Endometrium, PCOS, OATS in the Partner .....	288	<b>Conclusion</b> .....	299
Case Study 3: Weak Ovarian Reaction ....	289		
Case Study 4: Advanced Age and Infertility	291		
Case Study 5: Endometriosis and Adenomyomatosis .....	291		
<b>6 Patient Support</b> .....	301		
<b>23 Inviting the “Heavenly Spark”—Shen in the Support of Couples in Fertility Treatment</b> .....	302		
<b>Shen as Consciousness and Mindfulness of the Practitioner</b> .....	302	<b>Shen as Heavenly Spark during Conception</b>	307
Shen as Self-knowledge .....	303	Correct Timing .....	307
Shen as Clarity between Practitioner and Patient .....	303	Internal Self-cultivation .....	308
Shen in the Treatment Situation .....	304	Acceptance of Natural Cycles and Laws ...	308
<b>Shen as Power of the Heart and Spiritual Connection of the Couple</b> .....	305	Erotic Passion .....	309
Shen as Expression of a Shared Will .....	305	Shen and Jing .....	310
The Shen Contact between the Partners during Treatment .....	306	<b>Discussion</b> .....	310
		<b>Concluding Remarks</b> .....	311

<b>24 Stress and Infertility</b> .....	313		
<b>What Causes Stress?</b> .....	314	<b>Losing and Gaining Identity</b> .....	318
Authenticity—How do we Achieve it? .....	314	<b>Strategies for Harmonizing Self-awareness</b>	
Ideas, Concepts, Feelings—Where Do They		<b>and Partnership</b> .....	319
Come From? .....	315	The Wood Phase and the Liver .....	319
What is the Benchmark for our Actions		The Fire Phase and the Heart .....	320
and the Pursuit of Happiness? .....	315	The Earth Phase and the Spleen .....	320
<b>The Motor—Ming Men</b> .....	316	The Metal Phase and the Lung .....	321
<b>The End of Pushing</b> .....	317	The Water Phase and the Kidney .....	321
<b>25 Supporting the Couple in Successful and Failed Fertility</b>			
<b>Treatment</b> .....	322		
<b>Supporting Pregnancy</b> .....	322	<b>Support in Failed Fertility Treatment</b> .....	328
First and Second Month—The Wood Phase .	324	When Can the Woman Become Pregnant	
Third and Fourth Month—The Fire Phase . .	325	Again? .....	329
Fifth and Sixth Month—The Earth Phase . .	326	Fertility Treatment and Couple Dynamics .	329
Seventh and Eighth Month—The Metal		Alternatives—Adoption and Accepted	
Phase .....	327	Childlessness .....	330
Ninth and 10th Month—The Water Phase .	328		
<b>7 Appendix</b> .....	331		
<b>List of Photos and Illustrations</b> .....	332	<b>Prescriptions Index</b> .....	346
<b>General Index</b> .....	333		