





Complementary Medicine in Female Infertility

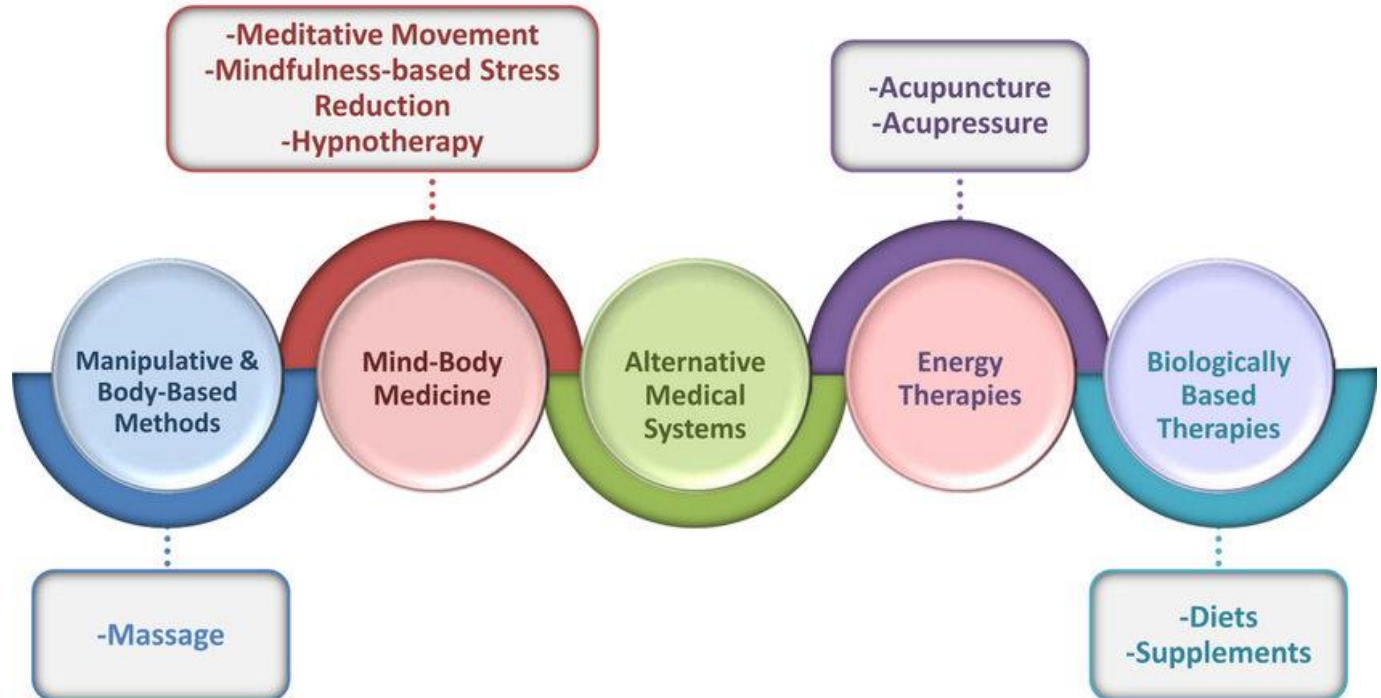
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The 5 Domains of Complementary and Alternative Medicine





40%

of Americans use
complementary or
alternative medicine care.





Evidence review






Review article

A systematic review of the evidence for complementary and alternative medicine in infertility

Natalie A. Clark  , Matthew Will, Molly B. Moravek, Senait Fisseha

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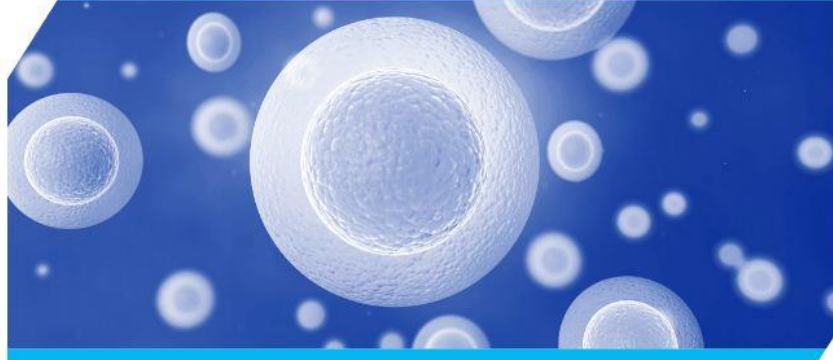
<https://doi.org/10.1016/j.ijgo.2013.03.032> 

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**The role of traditional and complementary
medicine to improve fertility and emotional
well-being**

Acupuncture and female infertility



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Integrative Medicine Research

Volume 9, Issue 2, June 2020, 100395



Review Article

Acupuncture for in vitro fertilization in women with poor ovarian response: a systematic review

Soobin Jang,^{a,1} Kyeong Han Kim,^{b,1} Ji Hee Jun,^a Sooseong You,^a  

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Chinese herbal medicine and female infertility

Reproductive Endocrine Diseases




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Volume 2021 | Article ID 6619597 | <https://doi.org/10.1155/2021/6619597>

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The Effects of Traditional Chinese Medicine-Associated Complementary and Alternative Medicine on Women with Polycystic Ovary Syndrome

Wenjuan Shen ¹, Bao Jin,² Yujia Pan,² Yanhua Han,¹ Tianjiao You,² Zongyu Zhang,² Yangfan Qu,² Sha Liu,³ and Yang Zhang  ⁴

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Academic Editor: Yong Wang

Received	Revised	Accepted	Published
10 Dec 2020	01 Feb 2021	15 Feb 2021	26 Feb 2021



Herbal medicine and female infertility

Received: 24 May 2021 | Revised: 22 July 2021 | Accepted: 3 August 2021

DOI: 10.1002/fsn3.2523

REVIEW

Food Science & Nutrition
WILEY

Female infertility and herbal medicine: An overview of the new findings

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Abstract

Infertility is defined as the failure to achieve a successful pregnancy after 12 months' sexual activity that affects 15%–17% of couples in the world and about 50% of them are related to female infertility factors. In this study, using the PRISMA checklist and MeSH keywords, 128 articles were extracted from various databases (PubMed, Cochrane library, WHO, Iranmedex, Science Direct, SID, and Google Scholar search engine) without language and time restrictions, and 128 articles were selected after eliminating duplicate studies. In this review, we present some solid evidence for role of herbal medicine in the treatment of female infertility. The results of this study showed that different parts of some plants are rich in polyphenolic compounds (isoflavones and flavonoids) and other compounds which are beneficial to reproductive health in women. The compounds in these plants, along with regulating the female endocrine pathways, and improving symptoms of menopause, treat female reproductive disorders such as polycystic ovary syndrome (PCOS), premature ovarian failure (POF), endometriosis, hyperprolactinemia, and hypothalamic dysfunction; moreover, because of their anticancer, antioxidant, and antidepressant properties, they can be used in traditional medicine or in the pharmaceutical industry as safe compounds in women's health.



Mind-body therapies to improve wellbeing of infertile women

Archives of Women's Mental Health (2020) 23:479–491
<https://doi.org/10.1007/s00737-019-01009-8>

REVIEW ARTICLE



The effect of mind-body interventions on psychological and pregnancy outcomes in infertile women: a systematic review

Hélène Gaitzsch¹ · Julie Benard¹ · Justine Hugon-Rodin² · Lamyae Benzakour³ · Isabelle Streuli^{1,4}


Received: 28 December 2018 / Accepted: 7 November 2019 / Published online: 2 January 2020
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Abstract

Preliminary evidence suggests that mind-body interventions, including mindfulness-based interventions and yoga, may be effective in reducing mental health difficulties and psychological distress in infertile patients undergoing fertility treatments. We systematically reviewed and synthesized current medical literature of the effectiveness of mind-body interventions in reducing the severity of psychological distress and improving marital function and pregnancy outcomes in infertile women/couple. Databases including PsychINFO, PubMed, EMBASE, and the Cochrane Library were searched for relevant studies. Manual searches were conducted in relevant articles. We included 12 studies that met the inclusion criteria. Four studies were randomized controlled trials (RCT), 4 non-randomized controlled trial (NRCT), and 4 uncontrolled studies (UCT). Participation in a mind-body intervention was associated with reduced anxiety trait and depression scores. The reduction was of low or moderate amplitude in most studies. Our review offers evidence for the effectiveness of mind-body interventions in reducing anxiety state and depression in infertile women and a possible improvement in pregnancy rate. Further RCTs with a precise timing of intervention are needed.

Keywords Mind body · Mindfulness · Infertility · Psychological outcome · Pregnancy

Yoga to improve wellbeing of infertile women



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FEATURES

The Effects of Yoga on Pregnancy, Stress, and Anxiety in Infertile Individuals

A Systematic Review

 Demir Yıldırım, Ayça PhD; Güngör Satılmış, İlkaay PhD

[Author Information](#)

Holistic Nursing Practice 36(5):p 275-283, September/October 2022. | DOI: 10.1097/HNP.0000000000000543

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Abstract

It is believed that practicing yoga has a healing effect on reproductive organs and increases blood circulation. The aim of the present study was to systematically evaluate the results of previous studies on the effects of practicing yoga on infertility problems, depression caused by infertility, and pregnancy outcomes. This literature review was conducted from July through August 2020 from the following sources: Cochrane, Science Direct, Scopus, Medline, Complementary Index, and Google Scholar for the international data; Turkish Academic Network and Information Center, and the Council of Higher Education Thesis Search Database for the Turkish data. "Infertility" and "yoga" keywords were used, and the related publications were searched without date limitations. Twenty-four research articles that involved the practice of yoga were included in the study. The included studies were conducted in 9 different countries, the majority of which (n = 12) were conducted in India. In 3 of the studies, hatha yoga, and in 1 study, vinyasa yoga were performed; in the other studies, different yoga asanas that activated the pelvic regions were performed. In this systematic review, yoga practice was found to have a positive effect on stress, anxiety, and depression and emphasized that it should be applied as adjunctive therapy, especially during in vitro fertilization treatment. These studies have also shown that practicing yoga has a positive effect on pregnancy outcomes.

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علل ناباروری در زنان در طب ایرانی

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علل رحمی و تخمدانی (ساختاری و عملکردی)

علل بعد از رحم

علل قبل از رحم



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۲. علل قلبی: اختلالات اضطرابی (ضعف قلب)
۳. اختلالات گوارشی و کبدی: نفخ، سوهاضمه و یبوست و کبد چرب

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۲. POF	کاهش در اثر ورزش سنگین، مصرف
۳. DOR	اپیویدها
۴. Endometriosis	کاهش مصرف غذا و رژیم های سخت و ضعف بدن
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۲. **علل رحمی**

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