

Short Communication

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Healing and Acupuncture in the Treatment of Fertility Problems

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Infertility is a 21st century problem. Here are some figures to clarify this point. In France, since 2008 (the beginning of medically assisted procreation), there have been 200,000 children conceived in vitro.

When there is a desire to have a child, the average time for a spontaneous pregnancy is 6 months, knowing, however, that following oral contraception, hormone levels take between 3 and 18 months to recover.

Female infertility, often linked to ovulation disorders or tubal infertility, amounts to 33%. Endometriosis is not an immediate cause of infertility but it does compromise it, and endometriosis statistics are increasing alarmingly.

Male infertility is 20%.

Mixed infertility increases to 40%.

Finally, 10% corresponds to unexplained infertility in Western medicine.

In addition to drug treatments (often in the form of hormone therapy), acupuncture allows women to recover stable hormone levels in a few months, reflecting normal or even active fertility.

For men acupuncture increases spermatogenesis.

Acupuncture is also useful for embryo implantation, which is even more obvious for medically assisted procreation. Isn't the priority of acupuncture its rooting in the mind? There is no need to explain the importance of Shen to practitioners of Chinese medicine. As J.M. Eyssale wrote in the Taoist treatise Xi MING, "man questions the origin of his own life. The sky, like Shen, is not only the Shen from above, it is the sky from everywhere. It is the origin and inductor of natural movement (Zi Ran) which, from the linked perspective, evokes the form and coherence of all beings and all things, in their cosmic framework of appearance and disappearance. "This is at the heart of the care that the therapist can provide".

We are living in a connected world. But what about our connection to universal energy?

At each consultation, I like to tell the future parents (I 2020always

receive couples) that it takes 3 to make a baby and that, contrary to what they may believe, the third is not the acupuncturist but universal energy.

I won't go any further into the mystery of creation. Many of the founding texts of acupuncture, in particular the Yi Jing, transport us into this dimension.

During the process of creation, the Shen is incarnated in the cell, the Xin, the heart-consciousness that represents the organizing tree of the functions that sustain life. As Jean-Marc Eyssaleyt says, with acuity, "Shen expresses our embodied organizational consciousness of a world whose constraints it receives, acting in turn on the world by an immediate and renewable seizure from moment to moment, from conception to death... this is what made Huang Di say, in the Ling Shu: "in the art of needles, the essence of the approach lies in the rooting to Shen, the individual mind."

This may seem abstruse, so let us simply say that to give life, the creators (future parents) must at least have become aware of this need to root this Shen to the matter.

Too many patients envisage pregnancy as an event on the life path that they have traced. Organizing work, home, acquisitions, and on the same footing, the arrival of a child. In a consumer society such as ours, all boundaries are pushed back. Women are not aware that the ideal age for childbearing is between 21 and 28 years old. For the majority of our patients, who are socially and professionally successful, it's between the ages of 35 and 40 that they think about having a baby. Everything is planned, and medicine appears to be the final recourse with in vitro fertilization.

In my work, I attach great importance to the couple's re-connection with their plan to become parents, an awareness of their bodies, of the need to bring energy back to the heart of the process of procreation and to take time, time to leave space for the connection of Shen to the matter.

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