

Biological treatment of hypofertility problems

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INTRODUCTION

It is obvious that some animal species are extinct due to the more or less direct action of humans. But it is also true that because of direct or indirect action, fertility in humans is diminishing. This fact could be due to multiple causes (nutritional changes, tobacco, alcohol, drugs, atmospheric factors etc.).

Since ancient times, man has wanted, and tried to control everything related to his body, including his fertility. There are goddesses like Ishtar in Babylonia, known as Astarte, who were worshipped as far as the Mediterranean. Nowadays, we worship different gods, and our scientific knowledge has also changed and is advancing very rapidly, particularly in the areas of reproduction and genetics. Sadly, in many cases, this advance is motivated by economic reasons and not from a scientific or anthropological standpoint, factors which are pushed back to second place.

With this article, we would like to convey the importance of Nature, to gain understanding of the physiological aspects of fertility as well as the methods which are available to us in Nature herself to treat hypofertility problems.

SOME BASIC INFORMATION ABOUT FERTILITY SIGNS

The ability to interpret the human body's fertility signs is the first step to being able to facilitate conception in couples who want to have children. In fact, there is a series of family planning methods which are based on the knowledge of these fertility signs (Table 1). In spite of their demonstrated efficacy, these methods,^{1, 2, 3, 5} are not well regarded in society, including by health professionals. It is also obvious that some health professionals do not have sufficient knowledge of these methods, including basic reproductive physiology, since appropriate training was not available either as an under- or postgraduate.^{6, 7}

The knowledge of fertility signs consists simply of some physiological facts which determine the fertile and infertile phases of a couple. Knowing these signs will help to conceive or to postpone conception. It is therefore of vital importance that the doctor know the correct reproductive physiology so that he may teach the couple which fertility signs and symptoms favor conception.

Table 1: Natural planning methods^{1, 2, 3, 4}

• Ogino method	• Billings method
• Temperature method	• Symptothermic method
• Cyclothermic method	• LAME (lactancy and amenorrhea method)
• Mucothermic method	

1. Feminine physiology

Consists of various cycles:

- Hormonal cycle
- Ovarian cycle
- Uterine cycle
- Cervical cycle

The signs which we come across in these cycles (mucus, increased temperature, cervical aperture, cervical tilt, etc.)

and which occur in the long-term in the feminine cycle, are the ones which tell us which phase the woman is in (relatively infertile, fertile, infertile).

2. Masculine physiology

Men have no fertility cycle. The production of spermatozooids is continuous. Therefore, men are always fertile. Male fertility is shown in the spermogram formula (Table 2).

Table 2: Normal spermogram⁴

Volume (ml)	2-6
Sperm count (millions/ml)	20-250
Total sperm count (millions)	80
Maximum motility, Grade 3 (%)	50
Spermatozooids of normal morphology (%)	40
pH	7.2-7.8
Fructose (mg/ml)	1.2-5
Leucocytes (mil/ml)	<1

3. Reproductive physiology (REP)

We need to consider 4 basic facts:

- Ovulation occurs once every cycle. When there is a second ovulation, the maximum difference from the first is 24 hours.
- The survival of an ovule, if it is not fertilized, is 24 hours.
- The maximum fertilizing capacity of spermatozooids in optimal conditions in the vagina is 5 days. In unfavorable conditions, they die in 6-8 hours.
- Unlike the animal world, desire and genital satisfaction in human beings are only slightly influenced by fertility.

The symptothermic method is based on the observation of different fertility indicators (signs and symptoms), of the feminine reproductive physiology^{2, 5, 9} (Table 3).

Table 3: Fertility indicators according to the symptothermic method⁸

Major indicators	Minor indicators
Temperature	Changes in the cervix
Cervical mucus	Pain in the ovarian point
Calculation of pre-ovulation infertility	Intermenstrual bleeding
	Mammary tension

COMPLEMENTARY TESTS

Once the fertility indicators have been collected and the symptothermic method charts have been correctly interpreted, we will be able to observe what type of cycles the woman has; when she ovulates, whether there is any/insufficient lutein etc. Using this information, a correct anamnesis and physical examination should be sufficient in most cases.

Sometimes, it is necessary to carry out more tests to discount underlying illnesses, which must be treated first. The tests

to be performed would be: blood tests (general biochemistry, haemogram, and complete hormonal profile), gynecological echography.

BIOLOGICAL THERAPY

Before we go into detail about the treatment to be used in Natural or Biological Therapy, we need to establish some previous considerations on which this therapy is based.

Natural medicine

The Hippocratic tradition is the science and an art of diagnosing and curing in humans (essentially founded on encouraging treatment which is based on the spontaneous tendency towards healing). There is also hygiene, which we understand here as a way of living which maintains robust health.¹⁰ Only in this way we will reach an understanding of why we use medicines and be able to change our lifestyle and our dietary habits. One of the premises of the Hippocratic tradition, and which we should take into account at all times, is 'Primum non nocere' (First, do no harm).

Other considerations to take into account are:

- Act in harmony with nature ('Vis Natura Medicatrix')
- Use non-aggressive remedies, generally natural remedies
- Adapt to human nature

NUTRITION

In the face of any disorder in the human organism, a comprehensive review of food types^{11, 12, 13, 14} is essential. Depending on our level of interest and knowledge we can keep to having only a very basic understanding of some of the general standards, or we could further our knowledge a little (Table 4).

In fact, if we want to follow natural, biological medicine, we need to extend our knowledge beyond simply basic nutrition. 'Let the best medication be your food'. This is why we must individualize treatment including food and cover the requirements of each individual (Table 5).

We must not only advise on a series of foods, but we must also advise against some other foods which are not beneficial:

- Meat: Because of the gonadotropin and steroid content
- Milk: Because of the purine and hormone content
- Animal fats: Because of the hormonal content

Other nutritional aspects in the field of Biological Medicine comprise knowing the pH values of foods eaten and subsequently restoring balance, if necessary (Table 6). We know that enzymatic reactions have a fixed pH. If this changed, enzymatic blocks may occur, making it impossible for us to assist the normal recuperation of the patient.

The body's imbalance can be corrected with foods which act as an acid or an alkaline in the body¹⁵ (Table 7).

Everything stated previously is closely linked to the nutritional indications of Traditional Chinese Medicine which outlines the balance between Yin and Yang, describing foods as elements of construction and disintegration.¹⁴

To conclude with the dietary advice that should be given to patients, it is essential to tell them the most correct ways of preparing the food as outlined in figure 1.

Table 4: General nutritional standards

• Watch your fat intake
• Monitor the quantity and quality of sugars
• Half of all food must be raw, fresh and seasonal
• Increase consumption of cereals and whole-wheat flour

Table 5: Gender-specific nutrition¹⁸

Women Increase consumption of:	Men Increase consumption of:
• Soya	• Soya
• Algae	• Sesame seeds, pumpkin seeds brazil nuts, wheat germ, eggs
• Blue fish	
• Extra virgin cold pressed oils	• Extra virgin cold pressed oils
• Dried fruit and seeds	

Table 6: pH values in the body

pH values	
Blood	7.30-7.45
Saliva	6.5
Urine	6.8

Table 7: Classification of foods according to their pH value¹⁴

Acidic foods	Alkaline foods
• Refined flour	• Vegetables
• Refined oils	• Coffee
• Tomatoes	• Fruit
• Vinegar	• Algae
• Alcoholic drinks	
• Meat	
• Honey	
• Eggs	

NUTRITIONAL SUPPLEMENTS

As Linus Pauling said, for any particular illness we need the correct food and a specific supplement. Therefore macronutrients and micronutrients essential to the correct functioning of the body are required, and some of these specific nutrients are needed for each disorder.

In hypofertility, the following nutrients are essential:^{16, 17, 18, 19}

- Selenium (200-400 mcg per day)
- Vitamin C (2000-6000 mg per day)
- Vitamin E (400-1000 UI per day)
- Zinc (80 mg per day)

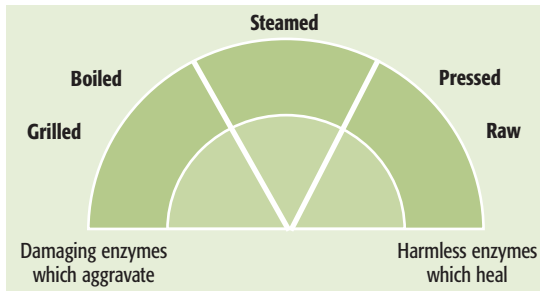
Vitamin B complex is an appropriate supplement for women. For men, a supplement of L-arginine and L-carnitine is suitable.

Finally, microorganisms (bifidobacteria) are essential for rebalancing the intestinal flora.

ADVICE ON DAILY LIVING

In accordance with the definition of Natural or Biological Medicine, it is relevant in many situations to give a word of advice on the 'lifestyle' needed to stay healthy. First of all, here is some general advice for staying healthy.

- Avoid alcohol
- Do not smoke
- Have a balanced diet
- Cook in a healthy manner
- Avoid precooked and frozen food
- Sleep well
- Avoid drugs
- Be cheerful and in a good mood

Fig. 1: Relationship between food preparation and illness¹⁵

There are more specific things which interfere with fertility in couples and which are essential to bear in mind. These are:

- Avoid PVC packaging
- Eat cleansing (detox) foods more regularly
- Avoid refined foods
- Avoid methylxanthines
- Do daily relaxation techniques. Conclusion of the University of Washington.
- Do not do intense exercise. Conclusion of the University of Michigan.

PHYTOTHERAPY

This therapeutic option consists of using herbs to treat illnesses. It is a very well established tradition in other countries, such as China, where they have more than 5 thousand years of experience in this area.^{20, 21} On the other hand, more and more patients are self-medicating with this type of treatment to cure their symptoms, even before consulting a doctor. Therefore, the doctor should learn about this therapy, including at university where it is still pending as a subject.²⁸

1. Phytotherapeutic treatment for women

- Cimicifuga (*Actea racemosa*). The active ingredient is triterpene. Its main effect is estrogenic. The usual dose given is 200 mg/day of standardized dried root extract.
- Mexican yam (*Dioscorea villosa*). The active ingredient is diosgenine, which provokes an increase in progesterone and a decrease in estrogen. In principle, it appears to be more effective in cream form. The dose is 1-3 g/day of powdered root.
- Dong quai (*Angelica sinensis*). The active ingredient of this plant is ligustilide. It acts as a feminine reproductive tonic, regulating the hormonal complex in women. The dose is 150-450 mg /day of standardized dried root extract.
- Sauzgatillo (*Vitex agnus-castus*). The active ingredient is agnoside, whose basic function is to regulate hormonal balance. Six months of treatment are usually required to obtain the desired effects. The appropriate dose is 175-225 mg/day of standardized dried leaf extract.
- Red clover (*Trifolium pratense*). The active ingredients in this plant are biochanin A and formononetine. It has an estrogenic effect. The dose should be about 250-750 mg/day.

Basically, there are two treatment models:

- Option 1: 25 days with plants which have an estrogenic effect plus 10 days with plants with progestogenic action.
- Option 2: Synergistic combination of plants with estrogenic and progestogenic effects.

2. Phytotherapeutic treatment for men:

- Astragalus (*Astragalus membranaceus*). The active ingredients of this plant are polysaccharides and triterpene glycosides. It acts as a general tonic and increases the motility of sperm. The dose of the plant should be 225-675 mg/day of dried root extract.

- Radiola (*Rhadiola rosea*). The active ingredients are salidroside, rosavin and polyphenol. It acts as a sexual tonic and increases the number of spermatozooids. The recommended dose is 250-750 mg per day of standardized dried root extract.
- Ginseng (Korean red ginseng = *Panax ginseng*; American ginseng = *Panax quinquefolium*; Siberian ginseng = *Eleutherococcus senticosus*). The main active ingredient in this plant is ginsenoside which acts as a general tonic to the body.

The norm to follow in men is to take these three phytotherapeutic elements continuously, given that the fertility of the man is not governed by any type of cycle.

3. Other elements for the couple:

- Royal jelly
- Bee pollen
- Guarana
- Maca

HOMOTOXICOLOGY

This therapy originated with Dr. Hans-Heinrich Reckeweg who established the foundations of homotoxicology by uniting Hahnemann's principle of similarity and the principle of Arndt-Schulz^{22, 23, 24} with advances in contemporary medicine.

The different options which this therapy offers are based on the different possibilities that the medicines present. See the following:^{22, 24}

- Homeopathic combination remedies
- Homeopathic single remedies
- Intermediary catalysts
- Suis-Organ preparations
- Nosodes
- Homeopathically-adjusted allopathic medications

Not only do we have a wide range of drugs, we also have different options in terms of how we administer them.

In this way, we are able to individualize treatment. Notwithstanding the fact that treatment needs to be as individual as possible, it is possible to present some general directions or basic protocols based on previous work.^{25, 26, 27}

1. Therapeutic protocols for women:

- First option: Hormeel (10 drops 3 times a day), Mulimen (15 drops twice a day), Ovarium suis-Injeel (the first and second week following the period on alternate days) and Corpus luteum suis-Injeel (the third and fourth week after the period).
- Second option: Hormeel (10 drops 3 times a day), Mulimen (15 drops twice a day) and Ovarium compositum subcutaneously (the first two weeks following the period, 1-2x / week).
- Complementary medicines: Ignatia-Homaccord, Galium-Heel, Pulsatilla-Injeel

2. Therapeutic protocols for men:

- First option: Hormeel (10 drops 3 times a day) and Testis compositum ampoules (sublingually or subcutaneously).
- Second option: Hormeel (10 drops 3 times a day), Selenium-Homaccord (10 drops 3 times a day) and Ginseng-Injeel sublingually on alternate days.

3. Additional protocols for the couple:

- Catalysts: Coenzyme compositum, Ubichinon compositum.
- Trace elements: Zn-Ni-Co, 1 dose on alternate days.

BIBLIOGRAPHY
Upon request