

Patient: Y.A Date of first visit: May 17, 2012 Age: 40 Gender: Male

Chief Complaint: Oligospermia

Secondary Complaint: Tiredness in the low extremities.

History of Present Illness: Patient Y.A. married ten years ago, but did not have a baby. There were no abnormal findings in the gynecological examination and blood works of the wife. Normal sexual activities were present and there was no impotence, premature ejaculation or other sexual dysfunction, but the amount of semen was low.

Review of System: BP: 125/80, PR: 75, Bowl movement: Normal, Urination: Normal, Sleep: Poor (dream disturbed), Appetite: Normal, E.E,N.T.: Normal, BMI: 25 (height 5'9" weight 170lb). No history of prostate or testicular disease or other serious illness.

Western Medical Diagnosis and Tests: His sperm count was 11×10^6 /ml and their motility were 10%. Patient mentioned that he was treated by an endocrinologist for 2 years but no improvement achieved.

TCM Pattern Differentiation and Discussion: Dark complexion, tired appearance, over work for many years, low voice, night sweats. Pulse: lung, liver, spleen normal, deep thread and weak pulse on both side, pale tongue, thin white coating. Patient said that his lower back, thighs and legs were tired after sexual intercourse. Kidney yin/yang deficiency.

Treatment Principle: Apply acupunctue and Herbal treatment. Nourish the kidney yin and yang.

Acupuncture Point Selection, Treatment Method and Discussion: Bilateral Foot Motor sensory area on scarp and genital area on ear were needled, UB 23 (Shenshu), Huan zhong. Reinforce UB 23, needle Huan zhong with a 50mmx7cun size, 3 cun in depth without rotating, needle tip directed to the anterior perineum. Once a week for three months. LI JG and Huan Zhong may have effects on disorders of the genitals.

Herbal Prescription and Discussion: Modified Zuo Gui Wan + Jin Gui Shen Qi Wan. **This formula is a variation of Liu Wei Di Huang Wan. The ingredients in this formula directly tonify and are used for treating relatively pure conditions of deficiency with little fire, and helps for Kidney yang deficiency conditions.**

Zuo Gui Wan tonifies Kidney Yin and replenishes Jing-Essence. Jin Gui Shen Qi Wan warms and tonifies Kidney Yang. This formula is sometimes used to promote fertility. **Ingredients: Shu di huang, Shan yao, Shan zhu yu, Mu dan pi, Fu ling, Ze xie, Rou gui, Fu zi, Gou qi zi, Tu si zi, Huai niu xi.** Shu di huang is perhaps the most effective herbs for enriching the true yin of the Kidneys. The deputies, gou qi zi and shan zhu yu, shan yao which nourish the Liver and Kidney, they work synergistically with the chief herb. Shan zhu yu helping to preserve the essential qi while nourishing the yin and reinforcing the blood. Strengthening the Kidney qi is beneficial to its role as the repository of the body's yin and yang. Fu zi tonifies the source fire, dispels cold, and eliminates dampness. Rou gui benefits joints, warms the channels and unblocks the vessels.

Recommendations and Referrals: Avoid greasy foods and to refrain from overwork.

Progress: 40 days later retest Sperm count show improvement (21×10^6 ml). Patient had been taken above formula for 4 months. His sperm count was 80×10^6 ml and their motility were 70% six month later since the treatment. His wife had pregnant autumn in 2012, now they have 3 children.

Literature Review and Case Discussion: The fruits of *Gokshura* (*Tribulus terrestris*. Linn) are considered to act as a diuretic and aphrodisiac; they used for urolithiasis, sexual dysfunctions, and infertility. Hence, it was planned to study the effect of *Gokshura* in the management of *Kshina Shukra* (Oligozoospermia), and to evade the preconception, a double-blind, randomized, placebo-controlled study was designed. In this study, eligible subjects between the age of 21 and 50 years, with a complaint of *Kshina Shukra* (Oligozoospermia), were randomized to receive either *Gokshura* granules or placebo granules for 60 days. The primary outcome measures were percentage changes in the *Pratyatmaka Lakshanas* (cardinal symptoms) of *Kshina Shukra*, *Agni bala*, *Deha bala*, *Satva bala*, the semenogram, and in the Quality of the Sexual Health Questionnaire. The placebo granules showed 70.95% improvement, whereas, the *Gokshura* granules showed 78.11% improvement in *Rogi bala* (*Agni bala*, *Deha bala*, *Satva bala*, and the Quality of Sexual Health) and *Rogabala* (Semen Analysis and *Pratyatmaka Lakshanas*). The *Gokshura* granules have shown superior results in the management of *Kshina Shukra*, as compared to the placebo granules.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3665088/>

Names of Participating DAOM candidates for case discussion: Victor Oh, Kyung Hee Seo, David Kim

Supervisor Signature:

Date: