



12. Male Sterility (Nan Xing Bu Yu)

Key Symptoms: low sperm count (Oligospermia), insufficient motility of the sperm (Asthenozoospermia), varicose vein (Spermophlebotasia), poor morphology of the sperm (Teratospermia) or absence of sperm cells (Azoospermia). It takes 50-70 days for sperm cells to mature

TCM Etiology: Overwork, poor diet, raucous lifestyle, alcohol consumption, greasy fried food, exposure to cold, poor constitution, cigarette smoking, marijuana, steroids overuse

<p><i>Relevant Western Diseases:</i></p> <p>Male Sterility Genetic Defects Diabetes Chlamydia Gonorrhoea Mumps Cystic Fibrosis Medication for high blood pressure or depression</p>
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TCM Pathophysiology:

1. Overwork, poor diet, exposure to cold consume the body's Yang leading to Yang Deficiency
2. Overwork, poor diet, exposure to cold injure Spleen Qi and its ability to transform and transport Fluids. Damp accumulates, sinks down and blocks the Qi Mechanism of the Liver > Liver Qi Stagnation > transforms Heat > Damp and Heat combine in the Lower Jiao and clog up the male reproductive organs

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Kidney Yang Deficiency	Feeling of cold, infertility, frequent clear urination, erectile dysfunction, anxiety, low sperm count, poor motility, palpitations, panic attacks, nervousness, weak low back and knees, impotence worse with fatigue, loose stools, dull pain in the lower abdomen, lethargy, an increased desire to sleep	T: pale, swollen with a wet coat P: Thready, Deep or Deep and Weak or Deep and Slow	Tonify Kidney Yang	Tonify: KI3, KI7, CV4, GV4, Zi Gong, BL23, BL52	Moxibustion Herbal Rx: Qi Fu Yin (Seven Bleeding Decoction) Diet Therapy: no raw and cold foods. Increase warm soups, beef, lamb and other Yang tonifying foods Lifestyle: limit exposure to cold – no surfing or swimming in cold water, skiing or snowboarding
Damp Heat in the Lower Jiao	Difficulty maintaining an erection, erectile dysfunction, pain in the hypochondriac, swollen and pruritic external genitalia, abdominal distention or heaviness, numbness or heaviness in the lower abdomen, difficult and painful urination	T: red + yellow coat P: Wiry, Rapid and Forceful	Drain Fire from the Liver and Gall Bladder, clear and drain Lower Jiao Damp Heat, tonify the Spleen	Reduce: SP9, SP6, CV3, LR3, GB34, SP6, LI11 Tonify: SP3, ST36, CV12	Herbal Rx: Long Dan Xie Gan Tang (Gentiana Draining the Liver Decoction) and Si Miao San (Four Marvel Powder) Diet Therapy: no greasy fried food, sweets, processed foods or alcohol. Consume fruits and vegetables and cooling foods. Good to go on a vegetarian diet for a few months. No raw food Lifestyle changes: reduce stress, meditate, yoga, Tai Chi, Qi Gong. Exercise regularly