

Systematic review:  
Efficacy CHM in the management of the female fertility **in detail**  
(Ried K, 2011)

Methods:

- Medline and Cochrane databases and Google Scholar searched for abstracts in English of studies investigating infertility, menstrual health and Traditional Chinese Medicine (TCM) up until February 2010 for meta-analyses of (non) randomised controlled trials (RCTs) or cohort studies, and compared clinical pregnancy rates achieved with CHM versus WM drug treatment or in vitro fertilisation (IVF).
- + Collation of common TCM pattern diagnosis in infertility in relation to the quality of the menstrual cycle and associated symptoms

Results:

- 8 RCTs, 13 cohort studies, 3 case series and 6 case studies involving 1851 women with infertility were included in the systematic review.
- Meta-analysis of RCTs suggested odds of achieving a pregnancy with **CHM therapy over a 4-month period are 3.5 times higher than with WM drug therapy alone.**
- **pregnancy rates were 60±12.5% for CHM compared with 32±10% using WM drug therapy.**
- Meta-analysis of selected cohort studies (n=616 women) suggested a mean **clinical pregnancy rate of 50% using CHM** compared with IVF (30%) (p<0.0001).

Conclusions:

- Review suggests that management of female infertility with *Chinese Herbal Medicine can improve pregnancy rates 2-fold* within a 4 month period compared with Western Medical fertility drug therapy or IVF.
- „Assessment of the quality of the menstrual cycle, integral to TCM diagnosis, appears to be fundamental to successful treatment of female infertility.“