



## A review of studies in the field of complementary and alternative medicine in the treatment of infertility

Author: E. Babai , Midwifery , Islamic Azad University of karaj

### Introduction:

Although little information about the use of complementary and alternative medicine at the medical evidence shows that the prevalence of complementary and alternative methods of treatment around the world is increasing .

Evaluation of World Health Organization (WHO) and other studies show that one-third of the world's population using complementary and alternative medicine in their own health care . 33/9 million dollars in 2007 and 354 million visits to complementary and alternative therapies cost in relation to the different methods of complementary and alternative medicine have been recorded

### Methods:

In this article Mrvrry on studies in the field of electronic resources in English by searching for the years 2013 to 2015 were discussed

### The results :

Asprvndysmyl Clark et al. , 2013, Attitudes of infertile patients and physicians regarding complementary and alternative medicine methods , respectively. The number of 115 participants , 105 had used complementary and alternative medicine methods . 84 people are believed to be effective in the treatment of infertility , but only 30 of them reported that they had used these therapies with medical advice Baradvyl study et al (2013 ) study of 1201 patients with infertility , 7/44 % of participants had used complementary and alternative methods that most of them were female . The most common methods used for palliative treatment plants and the mind. Mvyad in his book as complementary and alternative medicine therapies in the treatment of male infertility writes , in the study of 34 randomized clinical trial on the treatment of male infertility supplements that have been used to greater chances of pregnancy and live birth among men who regimes the supplement includes coenzyme Q- ton , N-acetylcysteine carnitine , omega-3 fatty acids and vitamin C had used more than others. Red and colleagues in a study of 32 infertile couples in two infertility centers in Canada found that most complementary and alternative medicine methods used include lifestyle changes ( diet and exercise ) and acupuncture , herbal medicine and religious practices (eg prayer fetish and worship ) were. April and colleagues in 2014 to use techniques such as naturopathy , acupuncture , traditional Chinese medicine , hypnosis and practitioners active role in infertility treatment and support methods of complementary and alternative medicine has had interviews with physicians Ottawa, Canada , pointed out.

### Discussion and conclusion:

Any type of complementary or alternative methods for prevention and treatment of infertility Rvdjht alongside conventional treatments and assisted reproductive Mvrdsht still study in the treatment of infertility and safety of these methods are not available .

### keywords:

Complementary medicine , infertility , alternative therapies