

Acupuncture as an Effective Approach to Prevent Miscarriage: Two Case Reports

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Abstract

Miscarriage remains a prevalent challenge in reproductive medicine, particularly among patients with a history of recurrent pregnancy loss. This report presents two clinical cases in which customized acupuncture treatments, based on Traditional Chinese Medicine (TCM) diagnostics, contributed to successful pregnancies following repeated miscarriages and IVF failures. The application of abdominal, scalp, and spirit acupuncture techniques demonstrates promise in enhancing implantation success and supporting pregnancy maintenance.

Keywords: Acupuncture, miscarriage, infertility, Traditional Chinese Medicine, IVF, case report

Introduction

Miscarriage, especially recurrent miscarriage, is emotionally and physically devastating for patients. While conventional reproductive medicine provides limited solutions, acupuncture has gained attention as a complementary therapy for enhancing fertility outcomes. This report presents two successful cases in which acupuncture may have contributed to preventing miscarriage after prior reproductive failures.

Case Report 1

Patient CB, female, born 22 December 1983, a producer by profession, presented with a history of infertility and miscarriage. She had never achieved a natural pregnancy and was diagnosed with a uterine fibroid, which was surgically removed. She underwent three IVF cycles (March 2019, January 2020, and June 2022); the latter two resulted in pregnancies, both ending in miscarriage at 9 weeks gestation.

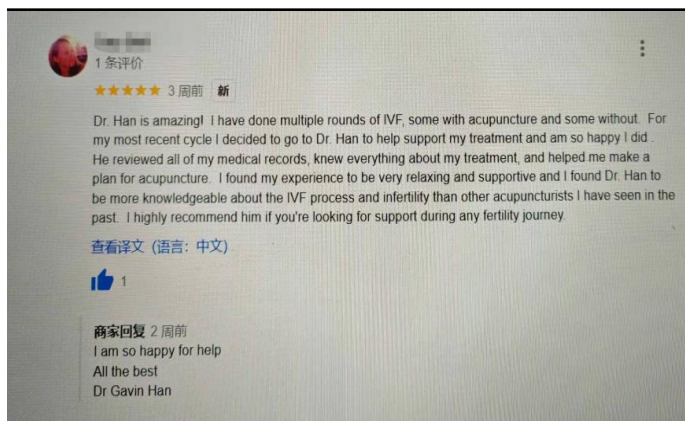
In March 2023, she initiated treatment at our clinic. A personalized acupuncture protocol was developed based on her medical history and individual needs, with the primary goals of supporting follicular development, enhancing energy, and increasing embryo implantation and pregnancy retention.

Treatment Timeline:

Pre-embryo transfer acupuncture: 31 March, 7 April, 14 April, 20 April, 28 April

Post-transfer acupuncture: 29 April and 2 May





On 9 May, the patient confirmed a positive pregnancy test via WhatsApp, and later left a 5-star review on 7 July. As of 21 August, she was 19 weeks pregnant without complications.

Case Report 2

Patient LM, female, born 5 May 1984, presented with polycystic ovary syndrome (PCOS), anxiety, irregular menstrual cycles (27–36 days), dysmenorrhea, and a history of three miscarriages (March 2021, March 2022, May 2022). Upon initial consultation in August 2022, TCM diagnosis indicated damp-heat syndrome.

Treatment included bi-weekly acupuncture and customized herbal prescriptions, revised every two weeks. Improvements were monitored via tongue, pulse, and abdominal diagnostics. After a 6-month preconception protocol, the patient was advised to attempt conception.



On 30 April 2023, she reported a positive pregnancy test. Herbal therapy was discontinued, and acupuncture was continued bi-weekly until 12 weeks gestation. By 18 August, she was 20 weeks pregnant and in stable condition.



Explanation and Discussion

Acupuncture methods include scalp acupuncture, abdominal acupuncture and spirit acupuncture.

Scalp acupuncture: targeting reproductive and emotional regulation zones

Scalp acupuncture on spirit emotion area and reproductive area.

<<The Medical Classic of the Yellow Emperor>>”Whenever acupuncture is to be used, the pulse must be diagnosed first, and the treatment can be started by figuring out the excessive and

insufficient Qi of the different meridians.”

Deficiency and excess of Qi is the key to diagnosis. The selection of acupuncture points is based on tongue diagnosis, pulse diagnosis and abdominal palpation. It is especially for abdominal acupuncture and spirit acupuncture.

Conclusion

The combined application of multiple acupuncture techniques is the key to the success of infertility. The fact has shown that acupuncture can effectively prevent miscarriage.

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