



# Acupuncture Treatment in Erectile Dysfunction by Shockwave Therapy: A Case Report in an Acupuncture Specialized Health Care Center in Bangladesh

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**Abstract:** Erectile dysfunction (ED), which is often known as impotence, is a kind of sexual dysfunction in which the penis fails to erect or remain erect during sexual activity which is the most common sexual dysfunction among men. Because of its relationship with self-image and problems in sexual encounters, erectile dysfunction may be psychologically devastating. Physical reasons may be established in around 80% of cases. Cardiovascular illness, diabetes, neurological issues, hypogonadism, pharmacological side effects, and hypogonadism are all possibilities. Impotence is caused by thoughts or sentiments in around 10% of instances. In our study, we have reported a complaint from a male patient who was 43 years of age and complained of having difficulty in erection for the last 2 years. He had a medical history of Hypertensive for 4 years and control on drugs. We started treatment by doing a clinical examination of the patient. And it was clinically determined that the patient had erectile dysfunction. We have conducted Acupuncture on the pubic region as well as low-intensity shockwave therapy, per session, weekly. The patient's condition began to improve after the 12th no of session. It was the very first successful instance of Erectile dysfunction treated with Acupuncture and Low intensity shockwave therapy that had ever been documented. The available evidence for the ability of acupuncture to improve ED is insufficient and previous studies have failed to show the specific therapeutic effect of acupuncture for treating ED. But according to our findings in this case report, acupuncture and shockwave therapy might be the most effective treatment for ED. More case reports with different complications and different ages of patients can concrete the demand of acupuncture success in Erectile Dysfunction of men in the future.

**Keywords:** Vasculogenic ED, Acupuncture, Artery, Sexual Dysfunction, Impotence

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## 1. Introduction

The worldwide prevalence of ED is 76.5 % [1], with Italy having the greatest incidence (48.6%) [2]. There is abundant evidence that ED is a risk factor for illnesses that may be managed. If ED is not adequately treated, both the quality of life and the lifespan will be shortened [3]. A common therapy for erectile dysfunction is oral PDE5-Is. Lifestyle adjustments, injectable therapies, testosterone therapy, penile implants, and counseling are among the other options [4-6]. Oral PDE

inhibitors are an easy, effective, and widely available way to treat erectile dysfunction [7]. About 70% of men who take ED drugs get enough of an erection to have sex. If you look at the results, they can be very different from one person to the next. ED drugs won't work as well for a man who has had surgery on his prostate, diabetes, or heart disease. It's known that no ED drugs can be taken with heart drugs called "nitrates," which could cause a dangerous drop in blood pressure. You should not take alpha-blockers at the same time as ED drugs because they can also lower your blood pressure, so wait at least four hours before taking them. In some cases, the doctor

may start you on the ED drug with less of it if you also take an alpha-blocker. Tamsulosin (Flomax) is another alpha-blocker, but it doesn't have as big an effect on blood pressure. Currently, there are treatments being worked on that don't just stop PDE5 enzymes [8]. Acupuncture can activate parts of the central nervous system and regulate neurotransmitters, some research shows that it can help with the pathophysiology of ED [9, 10]. The major kind of acupuncture that has been researched for treating ED is needle-based acupuncture. The release of hormones and enhanced blood circulation are considered to aid those with ED. A number of studies have shown that acupuncture can help people who have problems with their desire, libido, erectile dysfunction, and impotence. In most studies, acupuncture didn't cause anything more than a few minor things to happen to people [11-13].

## 2. Case Report

We had a complaint from a male patient who was 43 years of age and complained of having difficulty in erection for the last 2 years. He had a medical history of Hypertensive for 4 years and control on drugs. We started treatment by doing a clinical examination of the patient. And it was clinically determined that the patient had erectile dysfunction.

We had intended to conduct Acupuncture on the pubic region as well as low-intensity shockwave therapy, per session, weekly. A significant component of traditional Chinese medicine (TCM). It is a simple procedure by the insertion of tiny needles into the body. Acupuncture has been labeled as quackery by some experts is a pseudoscience, and the beliefs and practices of Traditional Chinese Medicine (TCM) is not founded on scientific understanding, and it The most common reason for using acupuncture is try to available pain in addition to these illnesses, acupuncturists claim that it may be utilized to treat a variety of additional ailments. [14-16] As a general rule, acupuncture is utilized only in conjunction with other types of medical therapy. Shockwave treatment is delivered via the use of a wand-like instrument that is inserted near various parts of the penis. The gadget is moved around sections of the penis for approximately 15 minutes while emitting mild pulses by a healthcare expert. There is no need for an anesthetic. Improved blood flow and tissue remodeling in the penis are triggered by the pulses. Both of these alterations may result in erections strong enough to engage in sexual activity [17].



**Figure 1.** Giving Acupuncture on pubic region.



**Figure 2.** Needles on the pubic region.



**Figure 3.** Shockwave therapy instrument.

The patient's condition began to improve after the 12th no of session. It was the very first successful instance of Erectile dysfunction treated with Acupuncture and Low intensity shockwave therapy that had ever been documented.

## 3. Discussion

Erectile dysfunction may be induced by "reversible" causes. These are variables that may be avoided, such as medications having an ED-related side effect, smoking, drugs, or alcohol. Obesity, stress, and interpersonal difficulties may all contribute to ED. Although these aspects are more challenging to address, if an individual can lose weight, manage stress, or develop techniques for resolving interpersonal conflicts, the ED is likely to resolve. Additional kinds of ED are considered "treatable." Hormonal imbalances, depression, anxiety, and high cholesterol are all instances of disorders that cannot be cured but may be treated, and the ED they commonly cause often improves as well. There are a few erectile dysfunction (ED) factors that cannot be healed or treated with ED drugs. In some instances, further therapies such as surgery, implants, or injections may be considered. Early surgical repair is reported to be an excellent means of establishing post-operative erection success in individuals who have sustained a penile fracture during intercourse [18]. Men with erectile dysfunction, on the other hand, who consent to have penile prostheses should be informed about post-surgical expectations and risks. Additionally, penile arterial repair and penile venous surgery are not suggested owing to the risks and complications [19, 20]. Psychological or vascular components may function as supplementary variables in the long-term development of ED after surgery [21]. Acupuncture has been shown to activate nerve endings and create nerve impulses, which may affect norepinephrine, acetylcholine, and their biological enzymes

in the central nervous system [22]. One study showed that acupuncture has been demonstrated to increase male erectile performance to some degree in recent investigations, and related experimental studies are continually expanding [23-25]. Light intensity shockwave therapy, in addition to acupuncture, is effective in the treatment of ED [26]. Another research found that LI-ESWT improves erectile function considerably in individuals with vasculogenic ED [27].

During one of our clinical visits, we had a complaint from a male patient who was 43 years old and complained of having difficulty in erection for the last 2 years. He also had a medical history of Hypertensive for 4 years and control on drugs. And according to our medical experts, it is found that the patient had erectile dysfunction. We began acupuncture therapy on the pubic region as well as low-intensity shockwave therapy, per session, weekly. After the 12th number session, the patient's condition began to improve.

## 4. Conclusion

The available evidence for the ability of acupuncture to improve ED is insufficient and previous studies have failed to show the specific therapeutic effect of acupuncture for treating ED. But according to our findings in this case report, acupuncture and shockwave therapy might be the most effective treatment for ED. More case reports with different complications and different ages of patients can concrete the demand of acupuncture success in Erectile Dysfunction of men in the future.

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