Natural Treatments for Hydrosalpinx = Blocked Fallopian Tubes

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Having blocked fallopian tubes is one of the most common causes of infertility in women. In fact, almost 20% cases of female infertility are caused by this problem.

It is in the fallopian tubes, also called oviducts and uterine tubes that the ovum and sperm converge and lead to fertilization. In addition, it helps the mature egg from the ovaries reach the uterus.

An obstruction in the fallopian tube, however, prevents the egg from traveling down the tube. Plus, the blockage also prevents the sperm from reaching the egg, which in turn prevents fertilization.

The condition is usually asymptomatic or may be accompanied by only mild symptoms such as abdominal pain during menstruation, irregular ovulation, and other problems associated with female reproductive health. These symptoms, however, do not necessarily point to blocked fallopian tubes.

Thus, more often than not, the condition remains undiagnosed until one tries to conceive. This problem is generally diagnosed through two kinds of tests, that is, HSG (Hysterosalpingogram) test and an intra-vaginal ultrasound.

Nevertheless, it is possible to conceive if there is blockage in only one of the two fallopian tubes. Partial blockage in the fallopian tubes can increase the chances of ectopic pregnancy and miscarriage.

IMUNE textbook on Infertility

Causes of Blocked Fallopian Tubes and PIV Pelvic inflammatory Disease

- **Endometriosis**
- Salpingitis (infection or inflammation of the fallopian tubes)
- Previous Ectopic Pregnancy causing scarring of the fallopian tubes
- Abortions
- Intra-abdominal Infections like [Appendicitis](#) and Peritonitis
- History of Uterine Infections
- Tubal Ligation Procedures
- Pelvic Surgery
In addition, the fallopian tubes may become dilated and filled with fluid or pus causing blockage. This condition is called hydrosalpinx. Moreover, Chlamydia infection can cause distal tube obstruction.

- **Herbal Remedies**

Here are a few herbs that can prove useful in curing tubular blockage by reducing inflammation and promoting blood circulation to the fallopian tubes.

- ginger
- ginseng
- goldenseal
- corydalis root
- dong quai
- astragalus root
- red clover
- calendula
- ligusticum
- green tea
- chamomile

Besides, garlic can help fight against infections in the reproductive organs and boost immunity, and aid in detoxification (toxins encourage inflammation which in turn can cause scarring in the fallopian tubes). Similarly, corydalis root stimulates circulation, reduces abdominal pain, and helps flush out toxins from the reproductive system.

Moreover, you can take herbal supplements such as dong quai capsules to reduce tissue congestion, eliminate muscle cramps, and improve circulation to the reproductive organs.

Furthermore, wild yam and peony root promote normal hormone levels that support proper fallopian tube function. These herbal remedies can take months to work and their effectiveness shall depend on the severity of the blockage.

- You may prepare a **fertility tonic** by placing three parts of dried red clover leaves and blossoms, one part of dried red raspberry leaves, and half part of dried peppermint in a quart mason jar and fill it with boiling water. Seal the jar with its cap or lid and let the herbs steep for at least four hours. Finally, strain the solution and store it in the refrigerator. Drink almost 1-3 cups of this herbal tonic daily.

- **Fertility cleansing** aids in detoxification of the reproductive system. In addition, it increases circulation to the reproductive organs. In involves liver cleanse using herbs like milk thistle seed, yellow dock root, dandelion root, ginger root, burdock root, and licorice root, and uterine cleanse using dong quai root, peony root, goldenseal root,
raspberry leaf, damiana leaf, and so on. It is recommended to use whole herbs for this process. This cleansing, though, should not be performed when taking hormonal medications.

- **Castor oil therapy** is another natural remedy for blocked fallopian tubes and problems like ovarian cysts, uterine fibroids, endometriosis, and so on. For this, you need to prepare a castor oil pack by soaking a piece of soft and clean cloth in castor oil. Place it on your lower abdomen and apply heat on top. It promotes circulation, stimulates the lymphatic system, facilitates tissue repair, and removes toxins and metabolic wastes from the reproductive organs. To increase the effectiveness of this treatment, you can use it in conjunction with self fertility massage.

- Daily **fertility massage** can help reduce fluid buildup in the fallopian tubes and break-up adhesions comprised of scar tissues. Getting rid of adhesions is essential because they cause the blockage in the fallopian tubes. Moreover, they cause the tubes to stick to other parts of the reproductive organs or internal tissues. It involves massaging the area above the fallopian tubes, ovaries, and uterus.

- **Enzyme therapy** works by supporting the reproductive health through the use of systemic enzymes. Thus, apart from blocked fallopian tubes, it can be used to deal with issues like endometriosis, uterine cysts, polycystic ovarian syndrome, recurrent miscarriages, abnormal blood clotting, etc. The enzyme serrapeptase, in particular, breaks down scar and cystic tissue. For best results, you need to take high quality systemic enzymes on an empty stomach. Follow this treatment for at least three months. In case you are going to have a surgery, discontinue this therapy about two weeks before the surgery.

- **Acupuncture** is good for regulating the functioning of the fallopian tubes. It helps increase circulation, breaks down the scar tissue and adhesions around the fallopian tubes, and reduces spasms of the fallopian tubes.

- Use of **herbal tampons and douches** are considered helpful in clearing the fallopian tubes by healing infections and breaking up scar tissues. You can either purchase herbal tampons or soak organic tampons in a herbal infusion prepared by mixing a variety of herbal teas like that of calendula flower, chamomile flower, goldenseal, osha root, garlic, red clover, etc. These tampons, however, should be used carefully and require immense self-care otherwise, they can increase the risk of infection by directing pathogens in the vaginal canal.

These natural treatments, however, may not be effective in getting rid of this problem in case the fallopian tubes are severely twisted, or stuck to other tissues or organs in the body.
Needless to say, make sure you consult your doctor before opting for the above-mentioned natural treatments.

**How to Use Self Fertility Massage™ to Boost Your Chances of Conception**

**Hethir Rodriguez C.H., C.M.T.**

Self Fertility Massage™ is a series of massage techniques that are used to help support reproductive health, the menstrual cycle, and your fertility. I created this natural fertility therapy to help women apply the fertility massage techniques for themselves. Self Fertility Massage™ is a very effective and low cost way to boost your fertility naturally and help reduce the effects of fertility issues on your body.

I have worked with thousands of clients as a massage therapist over the last decade and have seen many life changing results from the use of massage therapy. The techniques taught in Self Fertility Massage™ help the body to become balanced, have healthy circulation, increase the immune systems health, decrease stress, and much much more.

**The Benefits of Self Fertility Massage™**

There are many reproductive benefits to receiving fertility massage.

Regularly receiving fertility massage provides many benefits for the reproductive system. Some of the benefits are:

- Helps to reposition a tilted uterus
- Promotes hormonal balance
- Massage helps to break up scar tissue
- Helps to bring fresh blood to the uterus
- Helps to reduce stress & stress hormones
• Increases circulation to the uterus & cervix
• Improves endocrine system communication
• Encourages the liver to get rid of excess hormones
• Promotes hormonal balance by strengthening the hormonal feedback loop
• Helps the body to rid itself of old stagnant blood and tissues

By now you can see that using massage therapy to help your fertility is very beneficial. There are many issues that fertility massage may be able to help. Take the quiz below and see if Self Fertility Massage™ is right for you…

Is Self Fertility Massage™ For You?

Ask you experiencing any of the following?

- [ ] PCOS
- [ ] Endometriosis
- [ ] Blocked Fallopian Tubes
- [ ] Blood clots during menstruation
- [ ] Ovarian Cysts
- [ ] Hormonal Imbalances
- [ ] Uterine Fibroids
- [ ] Unexplained Infertility
- [ ] High FSH levels
- [ ] Poor Egg Health
- [ ] Ovarian Failure
- [ ] Stress from infertility
- [ ] Lack of menstruation
- [ ] Anovulation
- [ ] Excessive Mensuration
- [ ] Constipation
- [ ] Pain during ovulation
- [ ] Tilted uterus
- [ ] Scar tissue
- [ ] Gas

Can Self Fertility Massage™ Help with Fertility Issues?

There are many fertility issues that Self Fertility Massage™ can assist with. Some of these fertility issues are:
**Blocked Fallopian Tubes**

One of the greatest benefits of massage is the ability to break up adhesions. Self Fertility Massage™ gently helps to break up adhesions while helping the body to get rid of the remaining tissues. The techniques used in Self Fertility Massage include massaging the fallopian tubes in addition to the uterus and ovaries. Massage provides a great non-invasive option for women with blocked fallopian tubes.

**Endometriosis**

Self Fertility Massage™ helps the body with congestive issues like endometriosis. When endometriosis begins to grow in other areas of the body besides the uterus, irritation occurs which then can create scar tissue. This in turn can cause organs to begin to become stuck together by the scar tissue and tight fascia. It may also cause fallopian tubes to begin to twist. Massage can be used to help breakup the adhesions, decrease the inflammation, and help the body to rid itself of the old blood left from the endometrial tissues.

Self Fertility Massage™ may also help with the occasional pain that is caused from endometriosis. Endorphins are released during a massage which help to reduce pain and stress.

**PCOS**

Poly Cystic Ovary Syndrome is another fertility issue that causes stagnation in the body. When ovulation does not occur and a cyst begins to grow on the ovaries, this causes a series of imbalances to occur. One of the main ones being hormonal imbalance. Self Fertility Massage™ includes techniques which promote the hormonal feedback loop to communicate fully which in turn help the body to ovulate, menstruate, and have a healthy balance. Massage also can help to bring circulation to the ovaries, helping to nourish and bring fresh blood to your eggs. While diet is still the #1 therapy for PCOS, Self Fertility Massage™ can really help to make a difference.

**Unexplained Infertility**

When it comes to unexplained infertility the best approach is to focus on creating a healthy body, a healthy mind, and bringing balance to your life. This approach helps to cover all bases and create a healthy body without causing further harm. Self Fertility Massage™ can be helpful if you are experiencing unexplained infertility in many ways. The techniques help to increase circulation which in turn helps to increase egg health by bringing fresh oxygenated, nutrient filled blood to the eggs. Self Fertility Massage™ also helps with stress that comes along with infertility. Stress has been shown in studies to affect hormonal balance by increasing prolactin (the hormone that keeps you from getting pregnant while you are breastfeeding).

**Ovarian Cysts**

One of the main benefits of Self Fertility Massage™ is that it increases circulation to the ovaries. This can be helpful if you have ovarian cysts by helping to clear out congestion, reduce
inflammation, and promoting hormonal balance. In conjunction with reducing environmental and dietary estrogen, Self Fertility Massage™ should be a part of every woman’s fertility program.

**Menstrual Cramps**

Do you get cramps every menstrual cycle? While there are many different causes of menstrual cramps, massage may help most of them. Let’s look at a couple of reasons menstrual cramps occur:

- The uterus is contracting to expel old blood
- A “cold uterus” – This is a term used in TCM which means a uterus that is lacking proper circulation.
- Scar tissue left from surgery, PID, or endometriosis may cause a lot of pain when the uterus contracts during menstruation.
- Nutritional deficiencies have been shown to effect PMS and menstrual cramps.
- Tilted uterus

Self Fertility Massage™ encourages a healthy uterus by helping if the uterus is tilted, brings circulation to a “cold uterus”, helps to break up scar tissue and adhesions, brings fresh blood which carries nutrients to the uterus, and brings overall help to the reproductive system.

**Hormonal Imbalances**

Massage encourages a healthy communication between the pituitary, hypothalamus, and ovaries. This is called the “feedback loop”. It controls the levels of hormones produced in the body. By massaging the ovaries and including the stress relieving benefits of massage, a healthier balance can be found in the body. In Self Fertility Massage™ the liver is also massaged, which is another important organ for hormonal balance.

**Improving Egg Health**

One of the foundations of natural fertility is promoting egg health through eating nutrient dense foods and antioxidants which help to protect the eggs integrity from free radicals. Another important aspect to egg health is proper oxygen, nutrients, and circulation. Self Fertility Massage™ helps to bring much needed circulation to the ovaries, therefore supplying the eggs with oxygen and antioxidants.
Stress caused from fertility issues

While trying to stay stress free during your journey towards motherhood is important, it can sometimes seem impossible. Self Fertility Massage™ is a very relaxing routine that you can also use as a stress relieving therapy. While you are receiving a massage, the body begins to relax, blood flow increases, endorphins (feel good hormones) release, and muscles let go. Making Self Fertility Massage™ a part of your routine can bring a peace to your day that is priceless.

Poor circulation

Many health issues can be traced back to poor circulation. Having healthy circulation is key to fertility and overall health because getting fresh, clean, oxygenated blood to our organs and cells is of the utmost importance. Massage helps the body to return blood to the heart for oxygen, helps to move lymph, and helps the body to process and get rid of toxins found in organs and muscles. There are many causes of poor circulation. The main ones being:

- Sedentary lifestyle
- Sitting for long periods of time
- Lack of exercise
- High cholesterol

How Self Fertility Massage™ Works...

Massage has been used for centuries to help women increase their fertility and create a healthy uterus. To understand how Self Fertility Massage works you will need to understand the female reproductive anatomy. There are three major fertility organs that Self Fertility Massage is going to effect. The uterus, fallopian tubes, and ovaries as well as the stomach, liver, and intestines.

Uterine Massage
The uterus is located behind the bladder in the bottom of the pelvis. Self Fertility Massage helps a uterus that has become tilted, compressed by fecal impacted intestines, and lack of circulation. There are various reasons the uterus may not be getting enough circulation.

The main artery that supplies the uterus with blood also supplies the legs with blood. If you lead a sedentary or stressful life the circulation could easily be compromised. There are many other reasons the uterus may not be getting enough circulation such as twisted fallopian tubes, congestion, tight facia, inflammation, endometrial tissues, scar tissues, or past surgeries to the area.

**Ovary Massage**

The ovaries are located in front of the uterus, next to the pelvic bone. Self Fertility Massage can help the ovaries by bringing fresh oxygenated blood and nutrients to the eggs.

**Fallopian Tube Massage**

The fallopian tubes are attached to the sides of the uterus. Self Fertility Massage is very helpful in helping the body to clear blocked tubes and helping to loosen scar tissue in the reproductive system.

**Stomach Massage**

We will also be massaging the stomach, liver and intestines. Massaging the stomach is important for helping digestion and reducing stress. You may notice once we start the massage that your stomach may feel hard to the touch or tight. A lot of people hold stress in their stomachs. Dr. John Lee also says that hormonal balance starts in the digestive system.

**Liver Massage**

Liver massage helps the liver to do its job of getting toxins and excess hormones out of the body. The liver is located on the right side of the body just behind and below the bottom ribs. We will be doing a technique called the liver pump. This technique helps the liver to pump out toxins and excess hormones.
**Intestine Massage**

Massaging the intestines is important for general health and fertility. By massaging the intestines you are helping your body to eliminate feces that may be stuck or impacted. Digestive and intestine health is very important for fertility. Many of the nutrients are absorbed from food in the upper intestines. In addition fecal impacted intestines can become heavy and put unnecessary weight on the uterus, ovaries, and fallopian tubes.

**Cautions**

- Do not do Self Fertility Massage™ while you are menstruating
- Do not do Self Fertility Massage™ if you are pregnant or think you may be pregnant
- If you are currently trying to conceive, do fertility massage from the last day of your period until ovulation.
- Discontinue Self Fertility Massage™ once you find out you are pregnant
- If you have health issues consult with your physician before beginning Self Fertility Massage

**Techniques Used in Self Fertility Massage**

A wide range of massage techniques are used in Self Fertility Massage™.

Self Fertility Massage™ incorporates Chi Nei Tsang (Asian organ massage), deep tissue massage, myofascial release, acupressure, reflexology and castor oil therapy.
Chi Nei Tsang

Chi Nei Tsang is an ancient form of organ massage. It is a massage technique used to clear blocked energy, tension, stress that accumulates in the organs, release toxins, clears excessive heat, or helps with heat deficiencies such as a cold uterus. The basis of Chi Nei Tsang is based on helping the flow of chi or the bodies life force to travel smoothly through the entire body. If there is a health issue somewhere, that is a sign of blocked or stagnant chi. Chi Nei Tsang helps to clear that blockage so the chi can continue flowing and help the body to heal itself.

Deep Tissue Massage

Deep Tissue Massage is a massage technique that helps to break up adhesions, increase circulation, and aids in detoxification. This is one of the most popular types of massage. The slow, deep motions of this massage helps to relax the body while promoting fresh blood flow to the area you are massaging.

Myofacial Release

Myofacial release is a massage technique that helps to release the myofacial tissue that surrounds all organs and muscles. This tissue can become twisted and adhered over time. Releasing the myofacial helps to free up organs that may have been stuck to each other and also helps with bringing fresh blood and oxygen to the reproductive organs.

Acupressure

Acupressure comes from Traditional Chinese Medicine based on the same ideas as acupuncture, but without the needles. It involves applying pressure to a specific point on the body to bring greater balance and circulation. Many times the acupressure point is not located near the symptom.

Reflexology

Reflexology is a massage technique that is applied to specific areas of your feet. There are points on the feet that correspond to a specific organ of the body. By stimulating that reflexology point you are helping to clear out congestion, blockages, and encouraging circulation and chi to flow to that organ. In Self Fertility Massage™ we work on reproductive, endocrine, and digestive reflex points.

Complimentary Therapies

Castor Oil Therapy
Castor oil therapy has been used for thousands of years as a healing therapy. Castor oil is extracted from the castor plant and is used externally on the lower abdomen. Castor oil packs are best used just prior to Self Fertility Massage.

**Radiant Womb Therapeutic Massage Oil**

*Radiant Womb* is a therapeutic massage oil designed to help support reproductive health. Infused with medicinal herbs and therapeutic essential oils, Radiant Womb can be used during Self Fertility Massage or applied directly to the lower abdomen, ankles and feet to support the reproductive system.