

# Namardi in Unani System of Medicine: Concept and Treatment



## Introduction

In the realm of Unani medicine, Namardi refers to the condition where a male is unable to engage in sexual activity adequately. This concept is intricately linked to Zoafe Bah, which signifies the presence of weaknesses in sexual activity beyond the normal range.

## Zoafe Bah: Understanding the Weakness in Sexual Activity

Zoafe Bah encapsulates various manifestations of weakness in sexual activity, with three primary categories being recognized:



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## A. Erectile Dysfunction

Erectile dysfunction manifests as the inability to achieve or maintain an erection sufficient for sexual intercourse, leading to significant distress and relationship issues.

## B. Loss of Libido

Loss of libido denotes a decrease in sexual desire, often resulting in diminished interest in sexual activities and intimacy.

## C. Premature Ejaculation

Premature ejaculation involves the uncontrollable ejaculation either before or shortly after sexual penetration, causing dissatisfaction and frustration.

## Treatment Modalities for Namardi

The treatment of Namardi in Unani medicine comprises a holistic approach aimed at addressing the root causes of the condition and restoring balance within the body. This therapeutic process typically involves three fundamental components:

### A. Tabreed wa Taskeen

Tabreed wa Taskeen focuses on cooling and calming the body to regulate excessive heat or inflammation that may be contributing to sexual weaknesses.



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## B. Taqwiyat-e-Bah

Taqwiyat-e-Bah involves strengthening the sexual organs and associated systems to enhance their functionality and resilience, promoting optimal sexual performance.

## C. Tahreek-e-Bah

Tahreek-e-Bah emphasizes the importance of physical exercise and activity to improve blood circulation, enhance stamina, and rejuvenate the body's vital energies essential for healthy sexual functioning.

## Medicinal Treatment for Namardi

In treating Namardi, various medicinal formulations and remedies play a crucial role in supporting the body's healing process and addressing the underlying imbalances. Some of the prominent medicinal treatments utilized in Unani and Ayurvedic practices include:

### A. Dr. Qasmi's Nuksha No. 108

Dr. Qasmi's Nuksha No. 108 is a renowned herbal formulation known for its efficacy in enhancing male sexual vitality and addressing issues related to Namardi, such as erectile dysfunction and low libido.



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## **B. Dr. Qasmi's Nuskha No. 104**

Dr. Qasmi's Nuskha No. 104 is specifically designed to boost sexual stamina, improve reproductive health, and rejuvenate the body, thereby aiding in the management of Zoafe Bah and associated symptoms.

## **C. Dr. Qasmi's Nuksha 113**

Dr. Qasmi's Nuksha 113 is a potent remedy prescribed for individuals experiencing premature ejaculation and other ejaculatory disorders, offering relief and restoring normalcy in sexual function.

## **D. Other Classical Unani and Ayurvedic Medicines**

Apart from the aforementioned formulations, a myriad of classical Unani and Ayurvedic medicines are employed in the treatment of Namardi, each tailored to address specific aspects of sexual dysfunction and promote overall well-being.



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## Conclusion

In conclusion, Namardi in the realm of Unani medicine represents a multifaceted condition encompassing various sexual weaknesses and dysfunctions. By utilizing a combination of therapeutic approaches, including tabreed wa taskeen, taqwiyat-e-bah, and tahreek-e-bah, alongside medicinal treatments like Dr. Qasmi's formulations and traditional remedies, individuals grappling with Namardi can strive towards restoring their sexual health and vitality effectively.



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