

## Premature ejaculation



Premature ejaculation (PE) is a common sexual dysfunction characterized by ejaculation that occurs sooner than desired, often before or shortly after penetration, and before the individual is ready to climax. This can lead to feelings of frustration, anxiety, and relationship difficulties. According to the American Urological Association, PE is typically defined as ejaculation that occurs within one minute of penetration or before the individual has reached orgasm. PE is a treatable condition, and various techniques, such as pelvic floor exercises, behavioural therapy, and medications, can help individuals manage and overcome it.



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## PME According to Unani Medicine



In Unani medicine, premature ejaculation is known as Surat-e-Inzaal. It is believed to be caused by an imbalance in the body's humors and can be treated through a combination of herbal remedies, dietary changes, and lifestyle modifications aimed at restoring harmony to the body's vital energies. Treatment may also involve counseling and stress management techniques to address any psychological factors contributing to the condition.

Premature ejaculation is also viewed as a disorder of the nervous system and requires a holistic approach for treatment.



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## Symptoms of premature ejaculation



Premature ejaculation is a common sexual dysfunction in which a man experiences orgasm and ejaculation too quickly, often before or shortly after penetration, and before he or his partner is ready. The symptoms of premature ejaculation can vary from person to person, but common signs include a rapid onset of orgasm, feeling of losing control, and difficulty delaying orgasm. Other symptoms may include feelings of anxiety, frustration, and embarrassment, as well as a sense of dissatisfaction with one's sexual performance. In addition, premature ejaculation can also lead to a decrease in sexual satisfaction and intimacy for both partners.



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## Treatment of premature ejaculation



Premature ejaculation (PE) is a common sexual dysfunction that can affect men of all ages. Treatment options for PE include behavioral techniques, such as the "stop-start" method, which involves stopping sexual activity just before ejaculation and starting again when the sensation subsides. Medications like selective serotonin reuptake inhibitors (SSRIs) and topical anesthetics can also be effective in delaying ejaculation. Additionally, psychotherapy, such as cognitive-behavioral therapy (CBT), can help individuals identify and change negative thoughts and behaviors that contribute to PE. In some cases, a combination of these approaches may be necessary to achieve optimal results.



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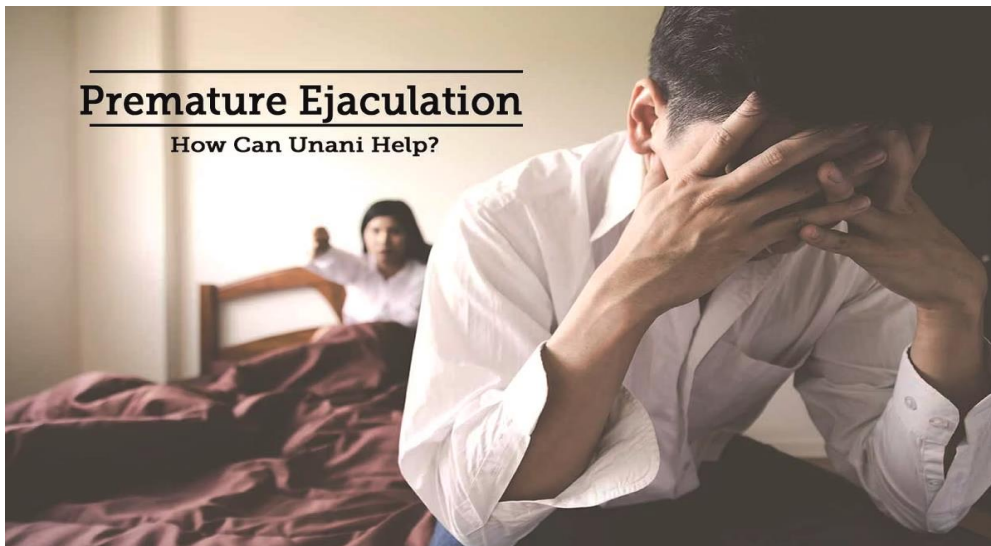


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## Treatment of premature ejaculation according to Unani system of medicine



In Unani medicine, premature ejaculation is treated by addressing the underlying imbalances in the body's humoral system. The physician may prescribe a combination of herbal remedies, diet changes, and lifestyle modifications to balance the body's humors. For example, the herb "Asparagus racemosus" (Shatavari) is used to treat premature ejaculation by increasing the seminal fluid and improving sperm quality. Additionally, the patient may be advised to avoid spicy foods, increase their intake of milk and milk products, and engage in regular exercise to improve overall physical and mental well-being.



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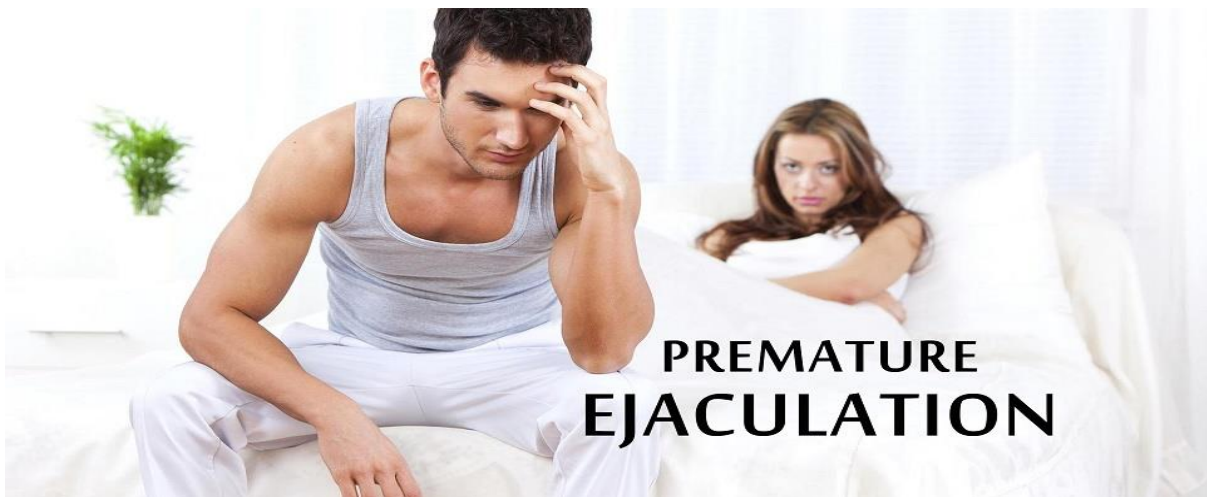


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Unani physicians may recommend a combination of herbal remedies, including Ashwagandha, which helps to reduce stress and anxiety, and Ashoka, which is believed to help in regulating sexual functions. Other remedies may include the use of aromatic oils, such as musk and saffron, which are believed to improve sexual vitality and reduce premature ejaculation.

## Complication of premature ejaculation



Premature ejaculation (PE) is a complex condition that can have significant psychological, emotional, and interpersonal consequences. Complications of PE can include feelings of shame, guilt, and anxiety, which can negatively impact relationships and self-esteem. It can also lead to sexual dysfunction, decreased intimacy, and decreased overall satisfaction with sexual life.



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Additionally, PE can be a source of stress and frustration, causing tension and conflict in relationships. In extreme cases, it can even lead to depression and anxiety disorders.

## **Success rate of the treatment in the Unani system of medicine**

The success rate of treating premature ejaculation in the Unani system of medicine can vary depending on the individual's specific case, including underlying causes and overall health. Some individuals may find significant improvement with Unani treatments, such as herbal remedies, dietary changes, and lifestyle modifications, while others may require a combination of therapies. It is important to consult a qualified practitioner specializing in the Unani system of medicine for a personalized treatment plan tailored to your needs.

It is important to consult with a qualified and experienced healthcare professional for any medical concerns, including sexual disorders like premature ejaculation. Dr. Nizamuddin Qasmi's expertise in the unani system of medicine may offer a unique perspective and treatment options for those seeking help in this area. It is advisable to follow the advice and recommendations provided by Dr. Nizamuddin Qasmi for addressing any health issues effectively.