

Oligospermia



Oligospermia is a medical condition characterized by a lower than normal sperm count in a man's semen, specifically defined as having fewer than 15 million sperm per milliliter. This condition can affect male fertility and may result from various factors, including hormonal imbalances, lifestyle choices, environmental exposures, or underlying health issues.

According to Unani Concept

Oligospermia, (Qillat-E-Kiram-E-Mani) in Unani medicine, refers to a condition characterized by a low sperm count, which may lead to infertility in men.



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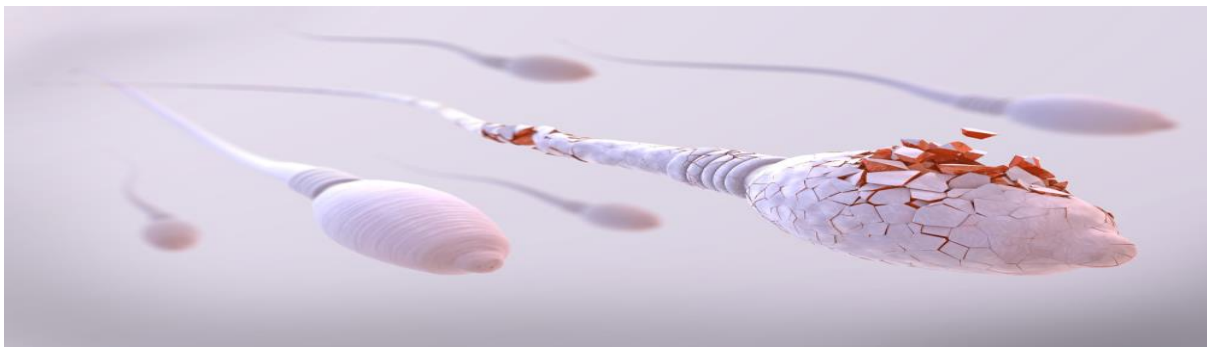
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According to Unani principles, it is often attributed to imbalances in the body's humors (such as blood, phlegm, yellow bile, and black bile) and can be influenced by factors like poor diet, lifestyle, and emotional stress. Treatment in Unani may involve herbal remedies, dietary modifications, and therapies aimed at restoring balance and enhancing reproductive health.

Causes of oligospermia



Oligospermia, characterized by a low sperm count in semen, can result from various factors, including hormonal imbalances (such as low testosterone), genetic abnormalities, infections, lifestyle factors (such as smoking, excessive alcohol consumption, and obesity), exposure to environmental toxins, heat exposure (from frequent use of saunas or hot tubs), and certain medical conditions (such as diabetes or varicocele). Stress and nutritional deficiencies may also contribute to this condition.



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Symptoms of oligospermia

Oligospermia, characterized by a low sperm count, often shows no obvious symptoms, making it difficult to diagnose without a semen analysis. Some men may experience associated issues such as erectile dysfunction, hormonal imbalances leading to changes in sexual desire, or testicular problems like swelling or pain. However, many men with oligospermia may be completely asymptomatic, and the condition is usually identified during evaluation for infertility.

Treatment of oligospermia

Treatment for oligospermia, a condition characterized by low sperm count, often depends on the underlying cause. Common approaches include lifestyle changes such as improved diet, regular exercise, and avoiding tobacco and excessive alcohol use. Medical treatments may involve hormonal therapy if imbalances are identified, antibiotics for infections, or addressing varicocele through surgery. In some cases, assisted reproductive technologies like in vitro fertilization (IVF) or intracytoplasmic sperm injection (ICSI) may be recommended.



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Consulting with a healthcare provider or a fertility specialist is essential to determine the most appropriate treatment plan based on individual circumstances.

Treatment of oligospermia in Unani medicine

In Unani medicine, oligospermia is often treated through a holistic approach that includes dietary modifications, herbal remedies, and lifestyle changes. Commonly used herbs may include Ashwagandha (*Withania somnifera*), Ginkgo biloba, and Amla (Indian gooseberry), which are believed to enhance reproductive health and vitality. Additionally, practitioners may recommend improving overall health by managing stress, ensuring adequate sleep, and incorporating physical activity. Cupping therapy or hijama may also be employed to improve blood circulation and overall reproductive function. It's important for individuals to consult a qualified Unani practitioner for personalized treatment plans.



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Success rate of the treatment in unani medicine

The success rates of treating oligospermia with Unani medicine can vary widely based on individual conditions, adherence to treatment protocols, and underlying causes of the condition. While some studies and anecdotal evidence suggest positive outcomes through herbal remedies, dietary changes, and lifestyle modifications, systematic research in this area is limited. Therefore, it's essential for patients to consult qualified Unani practitioners and consider complementary approaches for optimal results.

Dr. Nizamuddin Qasmi is a renowned expert in treating low sperm count and oligospermia, having successfully handled over 5,000 cases in India and abroad. If you are seeking guidance on your treatment options, consulting with him could provide valuable insights and effective strategies for managing your condition.



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