

Male Counselling



Male counseling for pregnancy can be a vital support system for expectant fathers, helping them navigate the emotional and psychological changes that come with becoming a parent. A male counselor can provide a safe and non-judgmental space for men to express their feelings, concerns, and anxieties about the pregnancy, fatherhood, and their relationship with their partner.



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This can include addressing topics such as paternity, bonding with the baby, and managing work-life balance, as well as supporting men in developing healthy communication and emotional intelligence skills to better cope with the challenges of parenthood. By seeking counseling, men can gain a deeper understanding of their own emotions and needs, leading to greater confidence and preparedness for their new role as a father.

Male fertility counseling

Male fertility counseling is an essential aspect of achieving successful pregnancy. A comprehensive evaluation of a man's fertility includes checking his sperm count, motility, and morphology, as well as testing for any underlying medical conditions that may affect his fertility. Counseling can also help men identify lifestyle factors that may be impacting their fertility, such as smoking, excessive heat exposure, or certain medications. Additionally, counseling can address any emotional or psychological concerns that may be affecting their fertility. By addressing these factors, men can take proactive steps to improve their fertility and increase their chances of conceiving a healthy baby.



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How frequently need to perform?



According to the American Society for Reproductive Medicine (ASRM), there is no specific recommended frequency of sexual intercourse to achieve successful pregnancy. However, it is generally recommended to have sex regularly, ideally every 2-3 days, to increase the chances of conception. This is because the window of fertility is usually short, lasting around 12-24 hours after ovulation. Having sex more frequently can help increase the chances of timing intercourse with ovulation and achieving a successful pregnancy.



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Additionally, couples should also consider other factors such as timing of ovulation, sperm quality, and overall health when trying to conceive.

Why counselling is important?



Couples seeking to achieve a successful pregnancy can benefit from counseling to address any underlying emotional and relationship issues that may impact their fertility journey. Male counseling can help partners identify and manage stress, anxiety, and other emotional challenges that can affect sperm quality and overall fertility. Through counseling, couples can learn effective communication skills, conflict resolution strategies, and intimacy-building techniques to strengthen their relationship and improve their chances of conception. By addressing any relationship issues and improving their emotional well-being, men can feel more empowered and confident in their role as a partner and father-to-be.



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Male counselling according to Unani



According to Unani medicine, male counseling for achieving successful pregnancy focuses on enhancing the male's reproductive health and improving his overall well-being. This includes advising men to maintain a healthy diet rich in nutrients such as zinc, vitamin C, and E, which are essential for sperm production and quality. Unani practitioners also recommend regular exercise, stress management, and adequate sleep to improve fertility. Additionally, they may suggest certain herbal remedies such as ashwagandha and gokshura to boost libido and improve sperm count.

Furthermore, they may advise men to avoid factors that can negatively impact fertility, such as excessive exposure to heat, stress, and smoking. By adopting these healthy habits, men can increase their chances of successful conception and fatherhood.



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