

Erectile dysfunction



Erectile dysfunction (ED) is a common condition where a man is unable to achieve or maintain an erection sufficient for sexual intercourse. It can be caused by a range of factors, including physical health conditions such as diabetes, high blood pressure, and heart disease, as well as psychological factors such as stress, anxiety, and depression.



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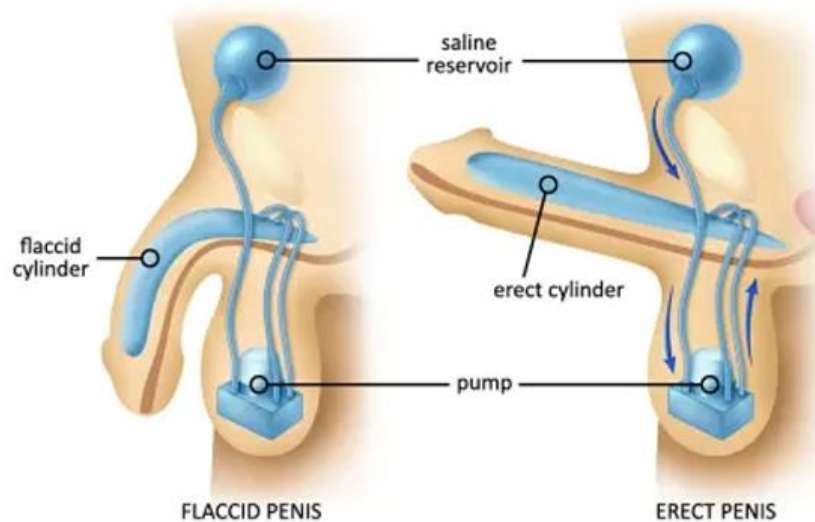


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Treatment Options of Erectile Dysfunction



Treatment options for ED vary depending on the underlying cause and can include medications, lifestyle changes, and therapy. It's important to speak with a healthcare provider to discuss the best course of treatment and to address any underlying medical conditions that may be contributing to the ED.



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Treatment Options for Sudden ED



Eat a healthy diet



**Avoid alcohol
and red meat**



**Seek mental
health treatment**



**Consult a healthcare
provider about medication**



Exercise



**Treat underlying
conditions**

In Unani medicine, erectile dysfunction is considered a manifestation of imbalance in the body's humoral system, specifically the dominance of excessive cold and dryness in the body. This imbalance is believed to affect the vital energies, including the "nafs" (soul), "quwwat" (physical strength), and "mizaaj" (temperament), leading to impaired blood flow and erectile function. Unani treatment for erectile dysfunction typically involves the administration of herbal remedies, such as Ashwagandha, Amla, and Amaltas, which are believed to balance the humoral system and restore vitality and vigor to the body.



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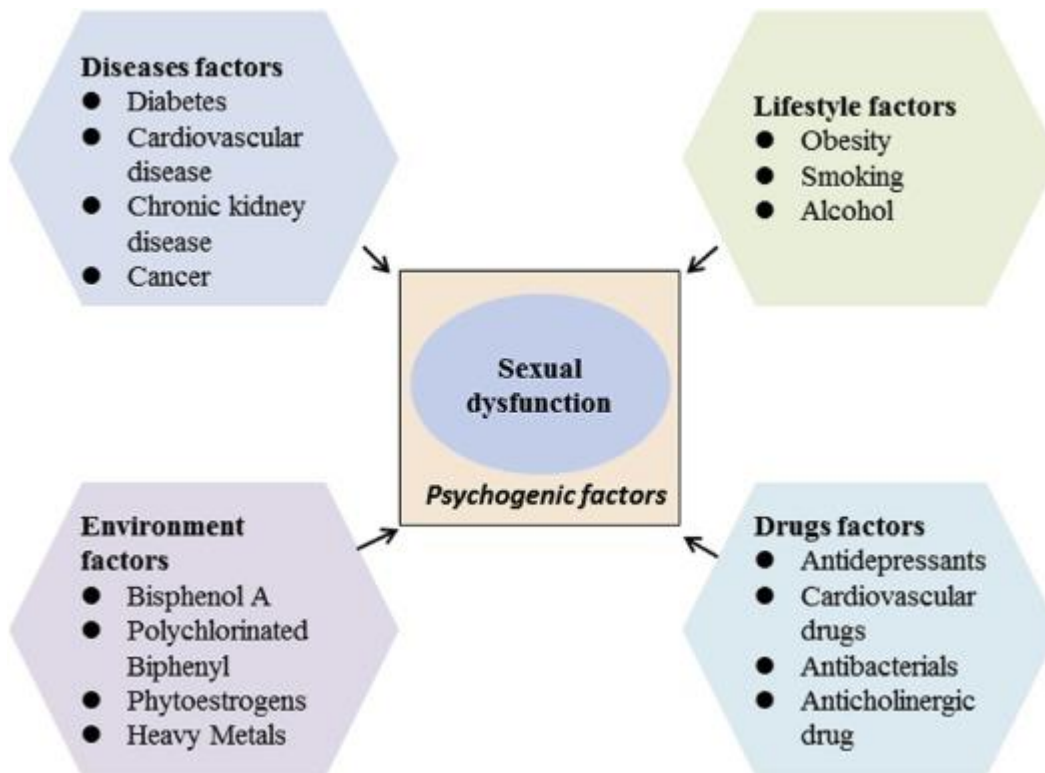


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Classification of Erectile Dysfunction According To Unani Medicine



In Unani medicine, erectile dysfunction is classified as a disorder of the "Mizaj-e-Ma'asal" (temperament of the seminal fluid), which is attributed to an imbalance of the four humors (hot, cold, wet, and dry) in the body.



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The Unani classification system categorizes erectile dysfunction into three main types: "Nimma" (cold temperament), "Garmma" (hot temperament), and "Khumma" (mixed temperament). Each type is characterized by specific symptoms, such as coldness, heat, or mixed temperatures in the body, and is treated with corresponding herbal remedies and dietary interventions to restore balance to the humors and improve sexual function.



In the Unani system of medicine, erectile dysfunction is considered a disorder caused by an imbalance of the three humors (safra, khum, and kanaf) in the body.



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According to Unani philosophy, the problem is attributed to an excess of safra (yellow bile) which leads to an increase in heat and dryness in the body, causing weakness in the reproductive organs. The disease is also believed to be caused by factors such as an imbalanced diet, lack of physical exercise, and excessive mental stress, which can lead to a disruption in the normal functioning of the nervous and hormonal systems. Treatment in Unani medicine typically involves administering herbal remedies such as Shilajit, Ashwagandha, which are believed to help restore balance to the humors and improve overall health and vitality.



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Success Rate Of The Treatment of Erectile Dysfunction in the Unani System of medicine



In Unani medicine, the success rate of treating erectile dysfunction (ED) is considered to be moderate to high.



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Studies have shown that Unani herbal remedies, such as those containing ingredients like ashwagandha, shilajit, and saffron, have been effective in improving erectile function and enhancing sexual satisfaction in patients with ED. According to a study published in the Journal of Ethnopharmacology, the success rate of Unani treatment for ED was found to be around 70-80%. Another study published in the Indian Journal of Urology reported a success rate of 85% in treating ED using Unani herbal remedies. While individual results may vary, Unani medicine offers a natural and holistic approach to treating ED, with minimal side effects.



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To consult with Dr. Nizamuddin Qasmi, a renowned Unani Hakeem and Sexologist, for successful treatment of erectile dysfunction using the ancient Unani system of medicine, you can visit his website and schedule a consultation today. On the website, you can fill out the consultation form, providing detailed information about your medical history and symptoms, and Dr. Qasmi's team will review your case and respond with personalized advice and treatment options. You can also book an appointment online or through phone call to discuss your concerns with Dr. Qasmi directly.



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