

# Understanding Jiryan Mazi in Unani Medicine



## Introduction:

Jiryan Mazi, commonly known as watery secretion in modern terms, is a condition that has been addressed in the ancient traditional system of medicine, Unani medicine. This essay explores the concept of Jiryan Mazi in Unani medicine, its causes, symptoms, and the natural treatment methods prescribed within the Unani system, focusing specifically on Dr. Qasmi's Nuskha No. 106, 116, and 144.



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In understanding watery secretion (pre-cum) in the modern system of medicine, it is essential to recognize its role as a natural bodily function. Pre-cum, also known as pre-ejaculate, is a clear, colorless fluid that is released from the penis during sexual arousal. While pre-cum has been subject to misconceptions and misunderstandings, it is crucial to approach this topic with a scientific and medical perspective.

Pre-cum serves several purposes in the male reproductive system. One primary function of pre-cum is to lubricate the urethra, preparing it for the passage of semen and sperm during ejaculation. Additionally, pre-cum helps neutralize any acidic remnants from previous ejaculations, creating a more hospitable environment for sperm. Despite common myths, such as pre-cum containing sperm leading to pregnancy, it is generally considered to have a low concentration of viable sperm. Therefore, the risk of pregnancy from pre-cum alone is minimal but not impossible.

The composition of pre-cum consists of enzymes, sugars, and other substances that aid in the reproductive process. These components contribute to the overall quality and function of pre-cum in facilitating sexual activities. However, it is essential to note that pre-cum can pose risks concerning the transmission of sexually transmitted infections (STIs).



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If a male partner is infected with an STI, precum can potentially transmit the infection to their sexual partner. Therefore, practicing safe sex, including the use of condoms, is crucial in preventing STI transmission through precum. From a medical perspective, healthcare professionals generally view precum as a normal and healthy part of male sexual function. However, in cases where individuals experience excessive precum production or other related issues, seeking medical advice is recommended. While occasional precum leakage is normal, persistent or bothersome symptoms may warrant further evaluation by a healthcare provider to rule out any underlying conditions. For individuals experiencing excessive precum production, there are various treatment options available. Lifestyle modifications, such as avoiding certain triggers or stressors, may help manage precum production. In some cases, medical intervention, such as prescribed medications, may be necessary to address underlying causes of excessive precum. Consulting a healthcare provider is vital in determining the most appropriate treatment plan tailored to individual needs and concerns.



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Culturally and socially, perceptions of precum vary across different societies and communities. Some cultures may hold taboos or stigmas surrounding discussions about precum and sexual health. However, with advancing education and awareness in modern society, conversations around sexual health, including precum, are becoming more open and destigmatized. Encouraging open communication and education about sexual health topics is essential in promoting overall well-being and healthy practices.

## Causes of Jiryan Mazi:

The causes of Jiryan Mazi in Unani medicine are multifaceted. They include dietary indiscretions, lifestyle factors, psychological stress, and underlying health conditions. Consuming hot and spicy foods, excessive indulgence in sexual activities, and habits like smoking and alcohol consumption are believed to exacerbate the condition. Additionally, Unani medicine emphasizes the role of psychological factors such as anxiety, stress, and depression in contributing to Jiryan Mazi.

## Symptoms of Jiryan Mazi:

The symptoms of Jiryan Mazi involve the presence of a watery discharge from the reproductive organs, accompanied by weakness, fatigue, backache, and urinary disturbances.



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In men, the symptoms may include premature ejaculation, erectile dysfunction, and a feeling of heaviness in the pelvic region. Women may experience abnormal vaginal discharge, menstrual irregularities, and generalized body weakness.

## Treatment of Jiryan Mazi in Unani

### Medicine:

The treatment of Jiryan Mazi in Unani medicine aims to restore the balance of humors in the body and eliminate the excess watery secretions. Dr. Qasmi, a renowned Unani physician, has formulated specific herbal remedies, known as Nuskhas, which are highly effective in treating Jiryan Mazi. Nuskha No. 106, 116, and 144 are particularly recommended for individuals suffering from this condition.

### Dr. Qasmi's Nuskha No. 106, 116, and 144:

Dr. Qasmi's Nuskhas for Jiryan Mazi consist of a combination of potent herbs and natural ingredients that work synergistically to address the underlying causes of watery secretions. Nuskha No. 106 focuses on strengthening the reproductive organs, improving blood circulation, and reducing excessive heat in the body. Nuskha No. 116 aims to tonify the nervous system, alleviate stress, and enhance sexual vitality.



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Nuskha No. 144 targets the root cause of Jiryan Mazi by regulating hormonal imbalances and improving the overall health of the reproductive system.

## Conclusion:

In conclusion, Jiryan Mazi, or watery secretion, is a common condition addressed in Unani medicine. By understanding the causes, symptoms, and treatment options available within the Unani system, individuals suffering from Jiryan Mazi can seek natural remedies to alleviate their symptoms. Dr. Qasmi's Nuskha No. 106, 116, and 144 have been recognized as effective treatments for Jiryan Mazi, providing a holistic approach to restore balance and vitality to the reproductive system. understanding watery secretion (precum) in the modern system of medicine involves recognizing its physiological functions, potential risks, and implications for sexual health. By dispelling myths and misconceptions, individuals can approach discussions about precum from an informed and objective standpoint. Seeking medical guidance when needed and practicing safe sex are fundamental aspects of maintaining sexual health and well-being in relation to precum and its role in the reproductive process.



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