

## **8- TREATMENT OF HYOSPERMIA AND ASPERMIA WITH AYURVEDA**

- Definition of semen
- **Semi-liquid fluid** secreted by the male organ during lovemaking is called semen. Low sperm production or **Hypospermia** is the state of low sperm production. The complete absence of semen is known as **Aspermia**. These conditions do not lead to severe infertility until it is combined with **low sperm count**. If a person has a good sperm count and only sperm secretion is a problem, there are several ways to cure it.
- Causes of seminal problems
- Prostate problems are the main cause of this condition. There is a saying among professional **women-women “milk-breaking man”**. This means stimulating the male prostate with fingers inserted from the back. This will result in overflow of all the semen contained. A woman who **squeezes the prostate of a man with her hand while making love** will bring all the semen into it. If the male is fertile with a good sperm count, it is easily born.
- Although it may seem rude, it is **clinically approved practice**. When a person consults a doctor and is low in sperm production, the first thing a doctor checks for is prostate. First, the patient's **urine sample is collected**. The doctor or nurse then performs a prostate massage to collect a sample of **fluid ejaculation**. The patient is made to urinate again. These three cultivated samples were tested to determine the type of infection in the prostate gland.
- Hypospermia
- It can be both innate and self-induced. Sperm is a combination of fructose and plasma fluid. **Low semen production** is associated with two major organs in the male reproductive organ. **Hypospermia** is the opposite of **Hyperemia**, where the affected men produce **low sperm volume (<1.5 ml)** of the average amount. This combined with **low sperm count (Oligospermia)** contributes to subfertility.
- Reasons
- Lifestyle and pathological problems contribute to hyperemia.
- **The following are likely causes of this condition:**
- Unhealthy lifestyles – Consume excessively **alcohol and drugs**.
- Age – semen volume decreases with age
- [Stress and psychological problems](#)
- Injuries or other **testicular problems**
- **Hormonal imbalance**
- Retrograde ejaculation
- **Ejaculatory Canal Obstruction (EDO)**
- Obstruction of the **seminal vesicle**
- **the seminal vesicles** are located just behind the prostate gland. They are responsible for the quantity of semen or the production of seminal plasma.



- **prostate**-this walnut-sized gland stores fructose. The seminal vesicle fluid drains into the prostate, collects fructose and goes down to form sperm.
- Obstruction in the seminal vesicle or prostate pathway causes low sperm production.
- **Symptoms of low sperm production**
- all people know that **the greater the volume of ejaculation, the pleasure is the orgasm**. Therefore, Hypospermia can interfere with the normal satisfaction of making love significantly in addition to interfering with **fertility**.
- **one to two teaspoons of semen (2 to 4 milliliters)**of ejaculation is normal. High intensity orgasms can produce up to 5 ml of semen. Just under 1.5 milliliters of semen can be termed as low semen production.
- Treatment
- Low sperm volume even after a few days of restraint is a sign of histoporemia. This condition can be **cured with appropriate treatments**
- Treatment for the same can be done easily by removing the blocks in the seminal vesicles and **the surrounding reproductive organs**. This can be done by taking prescription pills and medicines for a short period of time. Massage is also taught to several couples to use for a certain period of time. In some rare cases, the prostate gland needs surgery because of major infections. It will completely cure the problem of low semen production and leave the person ready for healthy sex again.
- Such patients are trained in **Kegel exercises and other techniques** to gain better control during ejaculation. Spermac and Vital M-40 capsules are effective Herbal remedies for treating low sperm production. One can use these herbal supplements to improve sperm production and increase sperm count.
- Aspermia
- Aspermia is a condition that occurs when there is no semen (semen) in the ejaculation.
- Reasons
- Retrograde ejaculation is one of the **main causes of aspermia** where semen is diverted to the bladder instead of to **the urethra (the tube that transports urine and ejaculation)**. Other causes may be
- *Alpha blockers*
- *Excessive use of drugs*
- *Obstruction of the ejaculatory canal*
- *Androgen deficiency*
- Symptoms
- Unlike azoospermia, aspermia can be identified by the lack of sperm on ejaculation (anejaculation).



- **Other signs are as follows:**
- **Cloudy urine** after intercourse
- **Blood in semen** (if present) or in urine
- **Scrotal pain** (testicular skin bag), urine pain, genital pain
- **Treatment of hypospermia and aspermia with Ayurveda**
- Ayurveda, the science of life, prevention and longevity, is the oldest and most holistic and comprehensive **medical system available**. It uses the inherent principles of nature to help maintain a person's health, keeping the body, mind and the spirit of the individual in perfect balance with nature.
- According to Ayurveda, Oligospermia may be **correlated with "Shura kshaya"**. Although none of the standard Ayurveda texts mentions sperm count or sperm motility, but clearly mentions sperm quality in the form of **"Shuddha Shura Lakshana"** .
- In Ayurveda, healthy seminal fluid, which is more fertile, is described as:
- ***"sukhur shukla guru snyagh madahar bahalam Bahu |***
- This means that the semen is white, heavy, sticky, sweet in taste, more in quantity and which may look like the color of melted **butter or honey or butter is always fertile**.
- At **Vedsuman** we provide a very effective, holistic and wide range of therapeutic conditions for Oligospermia hardening. To achieve the above-mentioned qualities of sperm **hundreds of formulations, herbs and recipes, a variety of Panchakarta and rejuvenation therapies are recommended**
- Ayurveda is advocated for a separate branch that deals with the management of defective sperm and spermatogenesis along with sexual potentiation, called **vajikarana Tantra** (aphrodisiac medicine). **Vajikarana therapy** is recommended in Ayurveda for men who are over 16 and under 70 to maintain optimal sexual activity and healthy sperm.
- The treatment of hypospermia and aspermia consists in the application of rasayani and vajikara dravyas or medicines (VI vilification or aphrodisiacs) internally, **Panchakarta & Vajikarana** detoxification and rejuvenation therapies along with diet and lifestyle changes, not only will it help to improve understanding, but also about producing healthy offspring.