

Male Sexual Health-Conquering with Homeopathy- “All about Men”

- Sex is an important and vital part of life.
- It is a state of wellbeing and harmony.
- It allows a man to enjoy sexual activity and reproduction.
- It relieves the stress, improves the intimacy & lowers the diastolic BP.
- Helps in burning the calories, boosting the self-esteem & self-confidence.
- Brings good sleep due to prolactin.
- Boosting up the Immunity with higher level of Immunoglobulin-A (Ig-A)
- It works as a pain killer and reduces the risk of prostate cancer.
- These are all uncountable benefit of sex...!

According to NHS, it is estimated 1in10 men have a problem related to having sex.

- More than one in four British men over 50 are no longer having sex. (*According to the “Lumen”*)
- Numbers of factors affecting their Sex drive with the lifestyle and advancement of age and
- We will evaluate its manifestation leading to Dysfunction + Infertility?

EVALUATION OF MALE PROBLEMS ON.....

1.EMOTIONAL ASPECT 2. MIASMATIC ASPECT

3.CLINICAL ASPECT 4. HOMEOPATHIC ASPECT

***Emotional aspect of Dysfunction or Infertility**-It is overly sensitive issue on emotional aspect. It’s an enormous emotional strain for a Men.

Infertility symptoms in men can be vague.

They may go unnoticed until a man tries to have a baby.... but when fails, after then, Investigations and treatment takes place further into action.

Emotional aspect:

Infertility is overly sensitive issue on emotional aspect. Superadded with.

- Male Ego, Stress, Lack of confidence, feeling of guilt, Incapacity, Fear of Responsibility all these factors seriously affecting Libido (Sex Drive).
- Libido or Sex Drive is directly connected to Testosterone which is responsible for “Spermatogenesis”
- Neuro-endocrinologic factors, Like Thyroid dysfunction, High Prolactin, Diabetes etc.....thought to affect reproduction.
- Lifestyle, Habits, use of alcohol, recreational substances, Inhibition,

Emotions are also related and connected with various abnormal and iatrogenic, somatic and Hormonal pathology affecting either both or single partner.

***Miasmatic aspect... Miasmatically very complicated.**

Let`s see Role of **Miasm** on Male Infertility. 🚹

🚹 PSORIC SEXUAL SYMPTOMS.

- All functional and psychological sexual disorders.
- Weakness of Sexual Organs due to prolonged sufferings of exhaustive disease
- Excessive and very high sexual desire.
- Full Moon and New Moon Aggravation.

SYPHILITIC SEXUAL SYMPTOMS: 🚹

- Inability to perform= Erectile dysfunctions.
- Decreased Sexual Desire=Low Libido.
- All form of cancer...Penis, Prostate, Testicular etc.
- Depression associated Fear during sexual act, Leading to Performance Anxiety.
- AZOSPERMIA in Male.

♂ SYCOTIC SEXUAL SYMPTOMS

- Mind always concentrated on sex organs and sexual fancies.
- Sterility+ Infertility + Hyperprolactinaemia.
- Mental Weakness

TUBERCULAR SEXUAL SYMPTOMS: ♂

- Spermatorrhoea.
- Masturbation—Loss and Lack of all enthusiasm, depression, weakness of memory.
- Emission of Semen during Defecation or Micturition.
- Profound Weakness.
- Diarrhoea, Fever, Visual and Auditory Hallucinations.

***Clinical aspect.**

To understand INFERTILITY on Clinical aspect, let us start with...

SPERM.

It's a structural and functional unit of the Male Reproductive System.

Sperm is a Male reproductive cell, which unites with the ovum in sexual reproduction to produce a new individual.

Sperm were first observed in 1677 by Antonie van Leeuwenhoek, using a microscope. He described them as being animalcules, means little, tiny animals.

Infertility is medically defined as a-

“Inability to conceive after multiple sustained attempts of unprotected (Vaginal) intercourse at least for 12 months.

Conditions related to Abnormal Sperms

1. Aspermia=Complete absence of semen.
2. Astenozoospermia=Low Motility
3. Azospermia=Absence of sperm cell in semen
4. Hyper Spermia=Large semen volume
5. Hypo Spermia=Small semen volume
6. Oligospermia=Few spermatozoa in semen

7. Necrospemia=Dead or Immotile sperms
8. Teratospermia=Sperm with abnormal morphology
9. Pyospermia= Presence of pus in semen.

HOMEOPATHIC APPROACH

Let`s understand some basic Rubrics:

Aspermia= means → *Complete lack of seminal fluid and sperms*

Rubrics to select:

1. Atrophy Testes: Agnus, Ant.Crude, Arg.Nit, Iodium.
 2. Inflammation Testes: Arg.Nit, Bapt., Conium, Puls., Parotidinum, Rhus.Tox.
 3. Injury-Testes: Arnica, Hypericum, Rhus.Tox, Staphys.
 4. Induration-Testes: Baptisia, Clematis Erecta, Parotidinum, Rhodod.
 5. Ejaculation: Absent: Agaricus
- General Homeopathic Remedies which helps in ASPERMIA, are
**Agaricus, *Agnus Cast-Q, *Ant.Crud, *Arg.Nit, *Iodium, *Rhodod.*

Understanding of Rubrics for Non-Obstructive Azospermia

AZOSPERMIA means → Complete **Absence of Sperm** in Ejaculate.

There are two types of Azospermia.

1. Obstructive and 2. Non-Obstructive

Obstructive → Hydrocele, Varicocele etc. are commonly come across in our practice.

*Rubrics for Non-**Obstructive** Azospermia:*

<p>1. Atrophy: Testes 2. Atrophy-Sexual excess after... 3. Ejaculation: Absent 4. Ejaculation: Difficult</p>	<p>5. Enlarged Spermatic Cord 6. Enlarged Testes-Rt. Or Lt. 7. Erection-Fruitless, Erection: Wanting, Firmness Increased-Testes 8. Haematocele, Rt. Or Lt., Hydrocele Rt. or Lt.</p>
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Obstructive Azospermia due to Varicocele

- A cystic accumulation of blood in the spermatic cord.
- Most common anatomical abnormality of the veins, especially Pampiniform plexus.
- Mostly found on left side where Spermatic vein empties in the left renal vein.

In short varicocele causes insufficient drainage of the blood from the testes that causes excessive pooling of the blood resulting into higher intra-scrotal temperature.

Homeopathic Rubrics:

- Pain-Scrotum
- Swelling-Scrotum
- Varicocele
- Scrotum-Skin-Colour-Blue
- Swelling: Scrotum: after straining

Homeopathic Remedies:

- *Aesculus-Q,*
- *Bell,*
- *Calc.Carb,*
- *Hamamelis,*
- *Ruta,*
- *Puls,*
- *Lyco,*
- *Silicea*

Let us understand, ED means Erectile Dysfunction and Impotence.

<p>ERECTILE DYSFUNCTION= ED</p> <p>Erectile dysfunction refers to the inability to achieve orgasm with adequate stimulation resulting in either delayed ejaculation or no ejaculation.</p>	<p>IMPOTENCE</p> <p>The Latin term “impotentia coeundi “describes simple inability to insert the penis into the vagina.</p> <p>Mostly such condition is due to psychological causes.</p> <p>It is a sexual dysfunction in male that involves an inability to achieve or maintain an erection, enough to perform sexual intercourse.</p> <p>The cause may be physiological or psychological: among the most common causes are anxiety, stress and emotional conflicts.</p>
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Classification of Erectile dysfunction: (Root cause is Psora)

<p>1. <u>Lifelong</u>: The dysfunction has always been present.</p> <p>2. <u>Acquired</u>: At some point, person can function without dysfunction.</p>	<p>3. <u>Situational</u> or Conditional: The dysfunction occurs in some situations or in certain conditions and not others.</p> <p>4. <u>Generalized</u>: The dysfunction occurs regardless of the situation.</p>
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Erectile dysfunction (ED) can have several causes.

Erectile function involves a complex relationship between neurologic, vascular, hormonal and psychological components.

Speak with your Homeopath

to determine whether your ED may be caused by

- poor circulation, diabetes, obesity, smoking, medication side effect or stress and anxiety.

Did you know? *Scientists and Researchers postulate that the chronic inflammation seen in any inflammatory condition is associated with the presence of inflammatory molecules in the bloodstream which causes damage to blood vessels. Damage to arteries in the penis is one of the known causes of Erectile Dysfunction.*

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How to treat Male Infertility with Homeopathy?

Infertility is medically defined as a-

“Inability to conceive after multiple sustained attempts of unprotected (Vaginal) intercourse at least for 12 months.”

<p>Homeopathy can treat the complicated cases of MALE INFERTILITY. Like,</p> <ul style="list-style-type: none">• Azo-Spermia,• Oligo-Spermia• Oligoasthenospermia• Necro Spermia, Pyo Spermia• Anti-Sperm Antibodies• Hydrocele• Varicocele	<p>Factors affecting Male Fertility,</p> <p>Intrinsic Factors</p> <ul style="list-style-type: none">• Genetic• Mumps• Orchitis• Cryptorchism (Relation of one or both of the testes in the abdominal cavity)• Cryptorchid:• A person with un-descended Testis.• Testicular injury <p>Extrinsic Factors</p> <ul style="list-style-type: none">• Exposure to Industrial or Environment Toxins• Excessive Heat Exposure.• Acute illness• Prolonged Fever• Recreational drug use• Alcohol intake• Drugs• - Anabolic Steroids• - Exposure to Di-ethyl –Stilbesterol• – Inadequate length of abstinence prior to analysis.• – Physical evaluation is equally Important
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- **Emotional aspect:** Infertility is very sensitive issue on emotional aspect. Superadded Male Ego, Inhibition, neuro-endocrinologic factors thought to affect reproduction.
- **Miasmatically** overly complicated and
- **Clinically** incredibly challenging subject, to treat where.....
- Emotions are superadded with various abnormal and iatrogenic somatic and Hormonal pathology affecting either both or single partner.
- Here, Homeopath must find out the root cause and restore back to normal physiology to ease the process of conception.

- Most of the patients have tried various treatment options with invasive procedures, before seeking treatment from the Homeopath.... because of, some abnormal and invisible process going on inside the patient`s body.
- Considering patients- MALE and FEMALE, both the partners, finding its obstacles to cure, its removal and restoration. After that, we can proceed for selection of Miasm, totality and simillimum.

Case:1 A case of Oligo Spermia

Mr. K P. 35 YEARS Old from Leicestershire UK.

- A well-built, handsome, enthusiastic young man with very apprehensive mood and doing everything in haste as “hurried and worried” nature and character, from Hinkley UK.

Came for consultation for his problem with his wife.

- He was much worried about all these complains of his wife and as a result he also developed erectile dysfunction, which gradually resulted in severe oligo–Spermia.
- He has a strong liking towards jewellery, diamonds, gold, white gold. He is fond of eating sweets and craves them more during times of tension.

<p>Investigations:</p> <ul style="list-style-type: none"> • Date: 14-03-2002 <p>1st Semen examination:</p> <ul style="list-style-type: none"> • TSC – 8.9 million/ cu mm • Volume – 3.0 ml • Fructose - +ve 	<p>Investigations:</p> <ul style="list-style-type: none"> • Date: 13-05-2002 <p>2nd Semen Examination:</p> <ul style="list-style-type: none"> • TSC – 49.6 million / cu ml • Actively motile – 55% • Sluggishly – 20% • Non – motile – 25%
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Treatment:

- Arg.Nit. 1M One dose per week
- Tab: ACRO-3X - 2TDS x 1 week
- (L-ARGENINE PROVED BY-DR. NIKUNJ TRIVEDI)
- Liquid: AGNUS CASTUS –Q -10 --Drops Morning- with water.

His wife delivered a baby girl in 2003, now baby girl has grown up and she is my patient too.

Case:2 Bad Effect of “Stock market” on Sperms Production

Male patient Mr. Mehta, 32 years, from xxxnagar, By profession- share broker

had a complain of Erectile **Dysfunction**-as a PE with gross Oligo-Spermia, only 0.2 million/ml and very sluggishly motile sperms were noticed after two years of his marriage- (referred by a Homeopath, who is a principal of Homeopathic college in Gujarat.)

History revealed that he made huge loss in share market, 2 years ago and never well since then and became very slow, sluggish and lost interest in his routine.

Root of Dysfunction was PSORA, as it's an acquired- situational or conditional cause.

But, at one point I observed, his count and motility both were improved!

WHY? Because stock market was improved! He recovered some of his loss and felt happy.

I selected:

*Agnus Castus -200 Followed by

*Lycopodium 200 weekly for four weeks.

Patient improved his ED with good amount of *sperms in semen 110 million/ ml. He is a father of two sons, now.*

After that, he used to take regularly Lycopodium 200, as a sex tonic because he found after taking it, he maintains his erection and enjoying his personal life.....!!!

- Boerieck says about
- *Agnus: Male-- No erections. Impotence. Parts cold, relaxed. Desire gone (Selen; Con; Sabal). Scanty emission without ejaculation. Loss of prostatic fluid on straining. Gleet discharge. Testicles, cold, swollen, hard, and painful.
- *Lycopodium: Male--No erectile power; impotence. Premature emission (Calad; Sel; Agn). Enlarge prostate.
- Mind--Melancholy; afraid to be alone. Little things annoy, Extremely sensitive. Averse to undertaking new things. Head strong and haughty when sick. Loss of self-confidence. Hurried when eating. Constant fear of breaking down under stress. Apprehensive. Weak memory, confused thoughts; spells or writes wrong words and syllables. Failing brainpower (Anac; Phos; Baryt). Cannot bear to see anything new. Cannot read what he writes. Sadness in morning on awaking.

Case: 3 Azospermia

- Mr. Raj Patel 30 **YEARS** – Nadiad
- The patient was referred to me by an Ayurvedic Practitioner, as he was literally crying when Ayurvedic practitioner showed his inability to treat him.
- Very lean, thin & Overanxious about his azospermia (as his wife was Medical Lab.technician). Severe anxiety when alone, Crying when quiet and alone. Always love to sit outside (in garden at his home)
- No sperm at all in semen. PH: 7.0 Ejaculation: Difficult. So had a problem on the first night which has created a big impact on his mind and unable to discuss the things freely with his wife.
- H/O: Mumps in childhood, O/E: Testicular Atrophy-USG: Testes –smaller in size. Bilateral dilated venous plexus, more on Left side with reflux.

(His concern: He is Only son in his family with a big business as a Tobacco Merchant, so much worried about his future and inheritance and his literate wife.)

Treatment selected:

- Selected Nosode: Parotidinum 1M One dose every week for six weeks.
- Iodum200 4pills Morning-4 Pills Evening for six weeks.
- Following that 1st Semen report after eight weeks showed 15mill/ml.
- Fructose: +ve, Motility: 55% actively motile
- I treated him for six months and his wife delivered baby boy with LSCS.

About Iodum:

- Iodum: Male --Testicles swollen and indurated. Hydrocele. Loss of sexual power, with atrophied testes. Acute exacerbation of chronic inflammation.
- Rapid metabolism: Loss of flesh great appetite. Hungry with much thirst. Better after eating. Great debility, the slightest effort induces perspiration. Iodum individual is exceedingly thin, dark complexioned, with enlarged lymphatic glands, has voracious appetite but gets thin. Tubercular type.
- All glandular structures, respiratory organs, circulatory system are especially affected; they atrophy. Iodine arouses the defensive apparatus of the system by assembling the mononuclear leucocytes whose phagocytic action is marked, at a given point. Lead poisoning. Tremor. Iodine craves cold air.

Case: 4 A Case of AZOSPERMIA – 47 YEARS OLD from Houston Texas, USA

Mr.PM-from Huston-Texas

- A 47 years old, US based male, lean, thin depressed, confused came to my clinic on 5th august 1998 was referred to me by one of my friends from UK.
- Mr.PM, married to an Indian girl in US and living very happily with her, for a period of years, having their post office and convenience store in Huston. Unfortunately, they couldn't start family, so they started rounding up the treatment and investigations in US and the result of investigations of female partner were normal, but Mr. PM ended with a diagnosis of Azospermia, though having a hypersexual drive. Then he realized the seriousness and started reading about Infertility and erected a library of the infertility books but as a result the marriage ended in divorce without finding any fertility related solution for him. The divorced girl, after re-married, conceived very shortly and again after three years became a mother of two lovely healthy kids.

The divorce procedure to Mr.PM was lot costlier than what he expected, made him trembled with severe grievance shock psychologically and financially dragged him in depression and loss of confidence.

- Unfortunately, Mr.PM met with another shock of sad demise of his father who passed away with heart attack and his last wish was to see and to play with his son`s kids, which was not being fulfilled.
- As a part of Hindu religious customs, Mr.PM came to India to pay the last sacred homage to the ashes of his late father and he grabbed the chance to arrange a consultation at my hospital in India.
- He talked with me for all his problems and he also expressed his fear that, recently he married again and he didn't discussed about his condition of "Azospermia" to his wife and so he was so frightened that when his wife will come to know about it, what will happen to him ?
- He had a fear of repetition of past and was scared about divorce and financial compensation to his ex and again he will be back to square position, all these thoughts made a turmoil in his mind lead him to Erectile dysfunctions, where once upon a time he had a hyper drive for sex.
- So, he was deliberately avoiding physical sexual contacts to her, as he started considering himself as sterile and impotent.
- He was very nervous, anxious, apprehensive and restlessly irrelevant loquacious.
- Sudden crying, weeping, moaning and sudden mood swing revealed his split personality-bipolar disorders which he confessed in many other occasions.
- It has been said "Guilty conscious pricks the mind "on that way he was taking too much care of his new wife with extreme politeness and strong arrogance with rest of the family members.

- He was extremely uncomfortable when was talking about his first marriage. He was unable to forget his first wife though she took divorce and became mother of two with another partner. For that, he was cursing, swearing, self-abusing to himself and his family.
- I easily recognized his guilt, frustrations, emotional set back when he cried like a small kid, during consultation.
- I explained him about his latent cause and causative factors and assured him to continue treatment and wait for couple of months to restore him back to his normal physiology
- While considering his history, body language etc. Ultimately, I concluded his split personality with mild bipolar, when I showed warm and sympathetic approach towards his condition by injection a few words about his skills, ability, care and sympathy for his ex wife and his will power to overcome all the problems with his firm determination, he developed willingness and full confidence and faith in Homeopathic treatment.
- Also, my counselling has helped him to build faith in his new marriage and his family and society.
- He agreed for Homeopathic treatment with the rays of hope in his eyes, which I ever noticed immediately. So, I analyzed his case and rubrics as below:

Considering his history and clinical observations, I considered the following rubrics

Miasm: Psoric and Syphilitic-Mixed Selected Rubrics:

1. Bad effect of shock from knowing about-Azospermia
2. Bad effect of shock from Divorce
3. Bad effect of shock from Financial compensation to wife
4. Bad effect of shock from Financial crises in Business
5. Bad effect of shock from death of his father
6. Bad effect of latent worries, Guilt
7. Every moment sighing, cursing, laughing, restlessly irrelevant loquacity.
8. Frequent mood swing-angry, excited, self-abusive, impulsive, erratic.
9. Hysterical –as if he will faint, become unconscious, will have an attack of asthma
10. Unable to forget the past, vindictive
11. Want of desire, Erection fails when attempted.
12. Anxiety about future
13. Strong craving for alcohol, non- veg food and pungent food.
14. Can` t keep his promises-Liar,
15. Fear of Reptiles-Snakes, poverty
16. Head strong, obstinate.

I started with deep acting constitutional remedy....

- I started with Syphillinum 1M one dose to be taken on every Sunday, followed by Ignatia 200 in 40 no. globules 4 pills Morning-4 pills Evening -- for one week.
- After one week, again, he came to clinic for follow up consultation with great enthusiasm. He was looking more confident and emotionally stable. He was anxious and apprehensive about his libido, which he thought need to get improved.
- He was prescribed Ignatia-200 one dose daily followed by Nat.Mur-3X 4 tab. Morning and 4 tab. Evening for two weeks.
- After twenty days, he paid his last visit to clinic, as was ready to leave for US, so wanted to collect the medicines. But he was very calm and confident with a bit of apprehension about starting family by earliest.

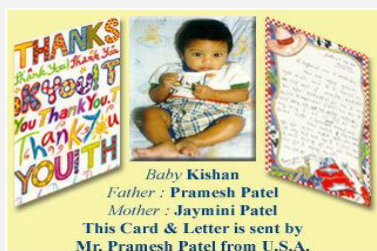
He has not remembered his past or his late father and his wish and not emotional as well.

- He was explaining to me about the philosophy of life that everyone must go one day but we should perform our duties with dedication, so he did to his family.
- Considering his approach and changes, I decided to give him a Psorinum **1M** and Tuberculinum 1M, alternate week, followed by Tab.Acid Phos 3X 3 tabs BD and Gelsemium - 200 one dose every day for two to three months. He left my clinic in Mid-September for USA with bottles of Homeopathic Medicines and Bundles of confidence.

In December 1998, he phoned me from Huston-USA, that his wife has missed her regular period and was apprehensive about her medical problem, if aroused, any.

I advised him to wait for two weeks and then consult the local doctor.

Again, he phoned me in January: 1999 that his wife is pregnant, and Homeopathy has really worked on him to establish the Family. I have put the copy of his letter of Thanks on my website and when his wife delivered a baby boy, he consented to put his photograph on my web site. So, deep acting Miasmatic medicines, without any investigations are always restoring the abnormal pathology to normal physiology—that was our master Dr. Hahnemann has explained. This is the way How Homeopathy has worked !





Dr. Nikunj began his carrier as a medically qualified Homeopath, ranked First in University and has been practising Homeopathy since 1980 in India and from 2004 in UK.

He is currently based in Leicester-UK, from where he runs his remarkably busy clinical practice with his Wife-Dr. *Amita*, treated tens of thousands of patients across the globe.

He has been involved in **helping Infertility and Chronic cases** with his wide experience of modern medical investigations, combining with Homeopathic totality to prove the effectiveness to restore the abnormal pathology to normal physiology.

In his career of nearly 40 years, he has treated wide spectrum of patients from all over the world and given numerous lectures at various institutes. In addition to this, Nikunj`s articles are regularly published in various Homeopathy journals. Nikunj specialises in treating fertility problems and chronic diseases and has authored four books on the subject.

His contribution to [Radar Opus 1.43](#) is incredible for Homeopathic world, as he wrote and developed, FIRST time in the Homeopathic world, the Repertory of Infertility and Materia Medica of Sexual Disorders-has been integrated to Homeopathic software.

Nikunj holds lifetime membership of the Homeopathic Medical Association of India (HMAI) and GHMA-India. He joined the **Homeopathic Medical Association (HMA-UK)** in 2004 and has since then been actively involved and currently serving as a HMA-Secretary and Council Officer. Nikunj regularly organising several charity clinics and regularly participates in the Homeopathic Awareness Week.

He also runs Live patient clinics, sitting in clinics and clinical training sessions for students and homeopaths on regular basis at Leicester.

More information about Nikunj could be found on www.articlinic.com

His publications related to Infertility are: 1 Repertory of Infertility.2. Materia Medica of Sexual Disorders 3. Sperm Disorders and Homeopathy 4. Mind at Menopause. (Under Publication