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## REVIEW ARTICLE

### HOMOEOPATHY IN MALE REPRODUCTIVE DISEASE

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#### Abstract

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During recent researches, male reproductive health becomes a emerging issue as increase in age. The term reproductive health refer to a condition of total physical, social and mental well being, not only absence of sickness and infirmity in all issues pertaining to the reproductive system and to its activities and processes. A study from Norway reported that the age-related frequency of testicular cancer increased from 2.7/1 lakh individuals in 1955 to 8.5/1 lakh individuals in 1992. Male reproductive disease not only caused by genetic factors like cryptorchidism and hypospadias but also got influenced by environmental, epigenetic factors. Due to male infertility, many couples lost the chance to have their progeny which is basic right of every human. To treat male infertility, homoeopathy is the most natural mode of treatment along with conventional treatment. It is also effective in increasing the production of sperm, improving sperm quality & volume.

## INTRODUCTION

A male reproductive system disease is any disease of the reproductive system which plays a role in the process of human reproduction.

### Main male sex organs are:

- **Penis:** It is an organ that is used for urination and sexual intercourse.
- **Urethra:** The urethra is a passage runs underside of the penis. The urine and the semen are released through the urethra.
- **Scrotum:** It is a pouch-like structure that hangs behind the penis. It holds and protects the testicles by keeping the testicles less warm than the rest of the body.
- **Testicles:** An adult testicle size is about 4 to 5 cm long. The testicles produce sperm cell from teenage years to old age. The sperm cells are produced in the seminiferous tubules.
- **Prostate Gland:** it is located under the bladder. It produces a thick fluid called semen which aids the protection and transportation of the sperms.

### SYMPTOMS:

- Difficulty with ejaculation or small volumes of fluid ejaculated, reduced sexual desire or difficulty

maintaining an erection (erectile dysfunction)

- Pain, swelling or a lump in the testicle area
- Abnormal breast growth (gynaecomastia)
- Decreased facial or body hair or other signs of a chromosomal or hormonal abnormality
- Having a lower than normal sperm count.
- sadness, emptiness, hopelessness.
- anxiety, irritability, agitation, or frustration
- feeling worthless, guilty, or ashamed

### Basic Requirement For A Male To Be Fertile

- **Healthy Sperm Production:** Initially, this involves the growth and formation of the male reproductive organs during puberty. At least one of your testicles must be functioning correctly, and your body must produce testosterone and other hormones to trigger and maintain sperm production.
- **Transportation of Sperm:** Once sperm are produced in the testicles, delicate tubes transport them until they mix with semen and are ejaculated out of the penis.

- **Sperm Quantity:** If the number of sperm in your semen (sperm count) is low, it decreases the odds that one of your sperm will fertilize your partner's egg. A low sperm count is fewer than 15 million sperm per milliliter of semen or fewer than 39 million per ejaculate.
- Sperm must be functional and able to move

## CAUSES<sup>2</sup>

### ➤ **Functional Problems:** It include:

- Impotence - The inability of a male to produce or maintain an erection.
- Hypogonadism - A lack of function of the gonads, in regards to either hormones or gamete production.
- Premature ejaculation - A lack of voluntary control over ejaculation.

### ➤ **Medical Causes<sup>3</sup>**

- Varicocele: This is a condition characterized by enlargement, elongation and coiling of the blood vessels around the scrotum. Most times, it appears as bag of worm in the scrotum.
- Reproductive tract infection (RTI)- that affect the reproductive tract, which is part of the Reproductive System(the penis, testicles, urethra or the vas deferens).
- Ejaculation issues: Retrograde ejaculation occurs when semen

enters the bladder during orgasm instead of emerging out the tip of the penis.

- Cancers and non malignant tumors: like Prostate cancer, Testicular cancer, Benign prostatic hypertrophy.
- Autoimmune Antibodies: It has been found that some people have antibodies against their own sperm cells. it leading to Azoospermia, oligospermia or normospermia depending on the degree of damage.
- Undescended testicles.
- Hormone imbalances.
- Defects of tubules that transport sperm.

### ➤ **Chromosome Defects<sup>4</sup>:**

1. **Kallmann syndrome** Genetic disorder causing decreased functioning of the sex hormone-producing glands caused by a deficiency of one or both testes from the scrotum.

2. **Androgen insensitivity syndrome** - A genetic disorder causing people who are genetically male (i.e. XY chromosome pair) to develop sexually as a female due to an inability to utilize androgen.

### ➤ **Environmental Causes**

- Industrial chemicals.

- Heavy metal exposure: Exposure to lead or other heavy metals also may cause infertility.
- Radiation or X-rays: triggers release of free radicals and can directly halt the Spermatogenesis leads to reduce sperm production.

#### ➤ Lifestyle Causes

- **Overheating the testicles:** Elevated temperatures impair sperm production.
- **Drug abuse:** Anabolic steroids taken to stimulate muscle strength and growth can cause the testicles to shrink and sperm production to decrease
- **Alcohol use:** Drinking alcohol can lower testosterone levels, cause erectile dysfunction and decrease sperm production.
- **Tobacco smoking.** Men who smoke may have a lower sperm count than do those who don't smoke.
- **Emotional stress.** Stress can interfere with certain hormones needed to produce sperm. Severe or prolonged emotional stress, including problems with fertility, can affect your sperm count.
- **Obesity** can impair fertility.
- **Endocrine:** Many other reproductive diseases have also

been link to exposure to synthetic and environmental chemicals.

- **Liver disease:** a case of liver disease which may impair liver functions, the level of female hormone, oestrogen, increases leading to male characteristics, loss of pubic hair and impotence.

#### RISK FACTORS

- Smoking
- Obesity
- Radiation
- Exposure to certain chemicals
- Sexually transmitted infections (STIs)
- **Age:** Male fertility starts to fall after the age of 40.
- **Nutrition<sup>5</sup>:** An unhealthy diet impact fertility in males.
- **Narcotics:** Consumption of drugs such as cannabis or cocaine can lower the sperm count.
- **Stress:** Stress can be a factor, especially if it leads to reduced sexual activity.
- **Exercise:** Too much and too little exercise led to fertility problems in both sexes.
- **Alcohol misuse:** Excessive alcohol consumption may reduced Sperm count.

**PREVENTION:** Treatment to help a person conceive naturally will depend on many factors, including the age of the person who wishes to conceive, how long infertility has lasted, personal preferences, and their general state of health.

- Frequency of intercourse.
- Maintain the right weight.
- Reduce stress.
- **DIET:** Eating right can improve both sperm quality and general well-being. diet including lean meats, vegetables, legumes, and grains seems to improve sperm motility.
- Exercise also helps to relieve stress, so it's worth getting sweaty. It help to manage infertility physically and mentally.
- Avoid smoking, as it lowers sperm count and increases the risk of misshapen sperm.
- Avoid alcohol, as it reduces testosterone production — it is therefore sensible to moderate drinking.
- Keep your balls cool, as hot testicles, may be less efficient at producing sperm.

## TREATMENT

- ❖ Surgery may include a procedure to remove a varicose vein in the

scrotum or repair a blocked epididymis.

- ❖ Sperm or egg donation: If necessary, a person can use egg or sperm donation
- ❖ Electric or vibratory stimulation to achieve ejaculation: It may be possible to help a person achieve ejaculation with electric or vibratory stimulation.
- ❖ 5 Yoga Poses for Erectile Dysfunction: Try these yoga poses to promote to manage ED-
  - Paschimottanasana.
  - Uttanasana.
  - Baddha Konasana
  - Janu Sirsasana

## DIAGNOSTIC TEST

- **Semen analysis**
- **Blood test:** The lab will test for levels of testosterone and other hormones.
- **Ultrasound:** This may reveal issues such as ejaculatory duct obstruction or retrograde ejaculation.
- **Chlamydia test:** Chlamydia can affect fertility,

## THERAPEUTICS<sup>6</sup>.

Homeopathic treatment can treat Infertility most accurately as it works on the root cause.

- **AGNUS CASTUS 30**—Agnus is one of the top remedy for male infertility with erectile dysfunction. Agnus Castus is prescribed when both sexual desire and physical ability are lacking. Genitals are relaxed, flaccid, and cold.
- **ARGENTUM NITRICUM 6**—Argentum nitricum is an effective remedy for male infertility with erectile dysfunction. Coition is painful and desire wanting. Argentum nitricum patients are melancholic, apprehensive of serious disease. They are impulsive, wants to do things in a hurry.
- **CALADIUM 30**- Caladium is the best choice for impotency with mental depression. Sexual desire is present but the genitals are relaxed with weak erections. There is no emission and no orgasm during embrace. It is very effective for treating pruritus in genital organs.
- **DAMIANA Q**- Damiana is an excellent medicine for increasing the sperm count. Sperms are absent in semen. It also corrects erectile dysfunction.
- **SELENIUM 30**- Selenium is also an effective medicine for infertility in males from erectile dysfunction. Selenium is helpful for slow, weak erections with rapid emissions. Selenium is prescribed when sexual desire increases but decreases ability.
- **CONIUM MACULATUM 30**- Conium is prescribed when infertility in males is present with orchitis. It is also effective when a history of suppressed sexual desire is present. There is absence of sperms in semen.
- **SABAL SERRULATA Q**--Sabal Serrulata is one of the best homeopathic medicines for infertility in males with wasting (atrophy) of testes.
- **MEDORRHINUM 1000** — Medorrhinum is prescribed when infertility is due the presence of pus cells or RBC's are present in semen.
- **STAPHYSAGRIA**: This homeopathic medicine is quite effective for both male and female. This medicine is mostly recommended to people who are gentle natured and shy.
- **LYCOPODIUM**: Homeopathic medicine Lycopodium is of great help for both young people and elderly people suffering from erectile dysfunction.
- **NUPHAR LUTEUM**: Homeopathic medicine Nuphar Luteum can be beneficial for all those males with erectile Dysfunction in whom the desire to indulge in sexual activity is totally absent.

## CONCLUSION

A continually increasing male reproductive dysfunction, followed by the incidence of infertility or male reproductive cancers, has become a worldwide concern. All these health conditions may be contributed to a combination of genetic, epigenetic, environmental, and perinatal causes<sup>7</sup>. Homoeopathic medicine can help you to avoid the possible side effects of the hormonal medicines and expensive surgeries. They are made from natural ingredients and offers a safe and long lasting solution. It helps in correcting the underlying problem responsible for the condition. It is recommended to enhance sperm motility, stimulates sperm production, boost vitality as well as cope with emotional stress. Male infertility causes and symptoms are different in every individual case so homoeopathic medicines intended is according to individualistic characteristic and totality of symptoms.

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