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### Homeopathic Treatment for Oligospermia

**Dr Balaji Deekshitulu P V**

Alternative Medicine (Homeopathy) Physician and Psychologist, Sri Balaji Clinic, Tirupati, A.P, India.cell:8885391722,7207255557.

#### ABSTRACT

The review article focus on the effect of homeopathy on male infertility based on sperm count, hormone values and general health. The variables 'sperm density', 'percentage of sperm with good progressive motility' and 'density of sperm with good propulsive motility' improved, especially in cases of oligoasthenozoospermia. The general health of patients improved significantly. The following factors emerged as positive predictors of therapy success: no exposure to noxious substances at the workplace and no previous inflammatory genital diseases. The rate of improvement in sperm count through homeopathic therapy is comparable to the improvement achieved by conventional therapy,

**Key words:** Low sperms, Homeopathy

#### \*Correspondence to Author:

Dr Balaji Deekshitulu P V  
Alternative Medicine (Homeopathy)  
Physician and Psychologist, Sri  
Balaji Clinic, Tirupati, A.P, India.  
cell:8885391722,7207255557.

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## Introduction

Oligospermia is a male fertility issue characterized by a low sperm count. Other aspects of the sexual health of men with this condition are typical. This includes the ability to get and maintain an erection, as well as produce ejaculation at orgasm. Semen as average, anything below that is considered low and is diagnosed as oligospermia.

- Mild oligospermia is 10 to 15 million sperm/mL.
- Moderate oligospermia is considered 5 to 10 million sperm/mL.
- Severe oligospermia is diagnosed when sperm counts fall between 0 and 5 million sperm/mL.

## Causes:

The production of sperm is a complex process and requires normal functioning of the testicles (testes) as well as the hypothalamus and pituitary glands — organs in your brain that produce hormones that trigger sperm production. Once sperm are produced in the testicles, delicate tubes transport them until they mix with semen and are ejaculated out of the penis. Problems with any of these systems can affect sperm production. Also, there can be problems of abnormal sperm shape (morphology), movement (motility) or function.

**Medical causes:** Low sperm count can be caused by a number of health issues and medical treatments. Some of these include:

- **Varicocele.** A varicocele (VAR-ih-koe-seel) is a swelling of the veins that drain the testicle. It's the most common reversible cause of male infertility. Although the exact reason that varicoceles cause infertility is unknown, it might be related to abnormal testicular temperature regulation. Varicoceles result in reduced quality of the sperm.
- **Infection.** Some infections can interfere with sperm production or sperm health or can cause scarring that blocks the passage of sperm. These include

inflammation of the epididymis (epididymitis) or testicles (orchitis) and some sexually transmitted infections, including gonorrhea or HIV. Although some infections can result in permanent testicular damage, most often sperm can still be retrieved.

- **Ejaculation problems.** Retrograde ejaculation occurs when semen enters the bladder during orgasm instead of emerging out of the tip of the penis. Various health conditions can cause retrograde or lack of ejaculation, including diabetes, spinal injuries, and surgery of the bladder, prostate or urethra. Certain medications also might result in ejaculatory problems, such as blood pressure medications known as alpha blockers. Some ejaculatory problems can be reversed, while others are permanent. In most cases of permanent ejaculation problems, sperm can still be retrieved directly from the testicles.
- **Antibodies that attack sperm.** Anti-sperm antibodies are immune system cells that mistakenly identify sperm as harmful invaders and attempt to destroy them.
- **Tumors.** Cancers and nonmalignant tumors can affect the male reproductive organs directly, through the glands that release hormones related to reproduction, such as the pituitary gland, or through unknown causes. Surgery, radiation or chemotherapy to treat tumors can also affect male fertility.
- **Undescended testicles.** During fetal development one or both testicles sometimes fail to descend from the abdomen into the sac that normally contains the testicles (scrotum). Decreased fertility is more likely in men with this condition.
- **Hormone imbalances.** The hypothalamus, pituitary and testicles produce hormones that are necessary to

create sperm. Alterations in these hormones, as well as from other systems such as the thyroid and adrenal gland, may impair sperm production.

- **Defects of tubules that transport sperm.** Many different tubes carry sperm. They can be blocked due to various causes, including inadvertent injury from surgery, prior infections, trauma or abnormal development, such as with cystic fibrosis or similar inherited conditions.

Blockage can occur at any level, including within the testicle, in the tubes that drain the testicle, in the epididymis, in the vas deferens, near the ejaculatory ducts or in the urethra.

- **Chromosome defects.** Inherited disorders such as Klinefelter's syndrome — in which a male is born with two X chromosomes and one Y chromosome instead of one X and one Y — cause abnormal development of the male reproductive organs. Other genetic syndromes associated with infertility include cystic fibrosis, Kallmann's syndrome and Kartagener's syndrome.
- **Celiac disease.** A digestive disorder caused by sensitivity to gluten, celiac disease can cause male infertility. Fertility may improve after adopting a gluten-free diet.
- **Certain medications.** Testosterone replacement therapy, long-term anabolic steroid use, cancer medications (chemotherapy), certain antifungal and antibiotic medications, some ulcer medications and other medications can impair sperm production and decrease male fertility.
- **Prior surgeries.** Certain surgeries might prevent you from having sperm in your ejaculate, including vasectomy, inguinal hernia repairs, scrotal or testicular surgeries, prostate surgeries, and large abdominal surgeries performed for

testicular and rectal cancers, among others. In most cases, surgery can be performed to either reverse these blockages or to retrieve sperm directly from the epididymis and testicles.

**Environmental causes:** Sperm production or function can be affected by overexposure to certain environmental elements, including:

- **Industrial chemicals.** Extended exposure to benzenes, toluene, xylene, herbicides, pesticides, organic solvents, painting materials and lead might contribute to low sperm counts.
- **Heavy metal exposure.** Exposure to lead or other heavy metals also can cause infertility.
- **Radiation or X-rays.** Exposure to radiation can reduce sperm production. It can take several years for sperm production to return to normal. With high doses of radiation, sperm production can be permanently reduced.
- **Overheating the testicles.** Elevated temperatures impair sperm production and function. Although studies are limited and are inconclusive, frequent use of saunas or hot tubs might temporarily impair sperm count.  
Sitting for long periods, wearing tight clothing or working on a laptop computer for long stretches of time also might increase the temperature in your scrotum and slightly reduce sperm production.

**Health, lifestyle and other causes:** Other causes of low sperm count include:

- **Drug use.** Anabolic steroids taken to stimulate muscle strength and growth can cause the testicles to shrink and sperm production to decrease. Use of cocaine or marijuana might reduce the number and quality of your sperm as well.
- **Alcohol use.** Drinking alcohol can lower testosterone levels and cause decreased sperm production.

- **Occupation.** Certain occupations might be linked with a risk of infertility, including welding or those associated with prolonged sitting, such as truck driving. However, the data to support these associations is inconsistent.
- **Tobacco smoking.** Men who smoke might have a lower sperm count than do those who don't smoke.
- **Emotional stress.** Severe or prolonged emotional stress, including stress about fertility, might interfere with hormones needed to produce sperm.
- **Weight.** Obesity can impair fertility in several ways, including directly impacting sperm and by causing hormone changes that reduce male fertility.
- **Sperm testing issues.** Lower than normal sperm counts can result from testing a sperm sample that was taken too soon after your last ejaculation; was taken too soon after an illness or stressful event; or didn't contain all of the semen you ejaculated because some was spilled during collection. For this reason, results are generally based on several samples taken over a period of time.

### Symptoms:

The main sign of low sperm count is the inability to conceive a child. There might be no other obvious signs or symptoms. In some cases, an underlying problem such as an inherited chromosomal abnormality, a hormonal imbalance, dilated testicular veins or a condition that blocks the passage of sperm may cause signs and symptoms. Low sperm count symptoms might include:

- Problems with sexual function — for example, low sex drive or difficulty maintaining an erection (erectile dysfunction)
- Pain, swelling or a lump in the testicle area

- Decreased facial or body hair or other signs of a chromosome or hormone abnormality

### Identification for doctor

See a doctor if you have been unable to conceive a child after a year of regular, unprotected intercourse or sooner if you have any of the following:

- Erection or ejaculation problems, low sex drive, or other problems with sexual function
- Pain, discomfort, a lump or swelling in the testicle area
- A history of testicle, prostate or sexual problems
- Groin, testicle, penis or scrotum surgery

### Risk factors

A number of risk factors are linked to low sperm count and other problems that can cause low sperm count. They include:

- Smoking tobacco
- Drinking alcohol
- Using certain illicit drugs
- Being overweight
- Having certain past or present infections
- Being exposed to toxins
- Overheating the testicles
- Having experienced trauma to the testicle.
- Being born with a fertility disorder or having a blood relative with a fertility disorder
- Having certain medical conditions, including tumors and chronic illnesses
- Undergoing cancer treatments, such as radiation
- Taking certain medications
- Having a prior vasectomy or major abdominal or pelvic surgery
- Having a history of undescended testicles

**Prevention:** To protect your fertility, avoid known factors that can affect sperm count and quality. For example:

- Don't smoke.
- Limit or abstain from alcohol.
- Steer clear of illicit drugs.
- Talk to your doctor about medications that can affect sperm count.
- Maintain a healthy weight.
- Avoid heat.
- Manage stress.
- Avoid exposure to pesticides, heavy metals and other toxins.

### Homeopathy remedies:

Many homeopathic remedies have been known to cure Low sperm Count. Some of these are;

- **AGNUS.CASTUS:** Sexual melancholy. Fear of death. Sadness with impression of speedy death. Absentminded, forgetful, lack of courage. Illusion of smell-herrings, musk. Nervous depression and mental forebodings. Yellow discharge from urethra. No erections. Impotence. Parts cold, relaxed. Desire gone (Selen; Con; Sabal). Scanty emission without ejaculation. Loss of prostatic fluid on straining. Gleety discharge. Testicles, cold, swollen, hard, and painful.
- **ANACARDIUM.OR:** Fixed ideas. Hallucinations; thinks he is possessed of two persons or wills. Anxiety when walking, as if pursued. Profound melancholy and hypochondriasis, with tendency to use violent language. Brain-fag. Impaired memory. Absent mindedness. Very easily offended. Malicious; seems bent on wickedness. Lack of confidence in himself or others. Suspicious (Hyos). Clairaudient, hears voices far away or of the dead. Senile dementia. Absence of all moral restraint. Voluptuous itching; increased desire; seminal emissions without dreams. Prostatic discharge during stool.
- **ARG.NIT:** The patient is intellectual strong, patient complaint of memory loss, along with disturbed sense of

reasoning. Patient is involved in foolish task, with strange conclusions. Patient experience strange illusions and hallucinations. His mind is full of useless and troublesome thoughts specially at night time, which makes him very anxious. Due to anxiety patients keeps on walking. Melancholia. Weak of memory, It seems time passes very slowly. Dulness of head, mental confusion ; dizziness ; tendency to fall sideways.

- **AURAM MET:** 30- Aurum Met is useful for low sperm count with hydrocele. Along with hydrocele, high sex drive and nocturnal pollutions are also present.
- **CALADIUM:** Patient is unable to remember things, he is very forgetful with vague mind. Due to absentmindedness, he keep on searching different things. Concentration is very less due to which he is unable to put his ideas into speech. He has high desire for sex with relaxation of his organ. A state of total impotency. During intimacy there is urethral discharge. at times impotency is due to mental suppression. Severe itching on testicles.
- **CONIUM MAC:** Mental state is full of hysteria with the nervousness. Patient complaint of weakness of muscles with trembling. Patient has very high desire for sex, but due to impotency he is not able to perform. Patient complaints of semen loss during sleep with or without dreams. Ejaculation is very painful- as if cutting with a knife due to acrid semen. Swelling and hardness.
- **DAMIANA Q-** Damiana is an excellent medicine for increasing the sperm count. Sperms are absent in semen. Damiana acts magically and increase the sperm count. It also corrects erectile dysfunction.
- **LYCOPODIUM:** There is great desire to be alone. Despondent. Mentally and

physically patient is very tired with complaint of chronic fatigue, with great aversion to his work. He is very forgetful, with dread of public appearance. Great Sensitivity, patient cries even when thanked. It is one of the most used medicines for impotency. Genital organ are feeble due to low vitality. Patient marries to live a normal life, but after marriage he finds he is sexually impotent without erections or very weak and short erections as if he is not a man. There is history of gonorrhoeal discharge with warts on male genitals. Patient is not trustworthy; he is very suspicious and find fault in every task. Patient is very timid with low self-confidence.

- **STAPHYSAGRIA 30-** Staphysagria is another suitable remedy for low sperm count from orchitis. It is indicated when burning, shooting, tearing or drawing pain is present in the inflamed testes. Staphysagria is also indicated for orchitis following mumps. Persons needing Staphysagria also show constant dwelling on sexual subjects.
- **COBALTUM 30-** Cobaltum is effective for low sperm count with erectile dysfunction. Emissions without erection. Backache in lumbar region and weak legs. Brown spots in genitals and abdomen.
- **SELENIUM 30-** Selenium is very effective for low sperm count with diminished sexual power. There is insufficient, weak and slow erections. Selenium is also helpful in a person with low sperm count who has involuntary seminal emissions at night, during urination or stools. Semen is thin, cold and odourless. On attempting coition, penis relaxes. Increased desire with decreased ability.
- **SABAL SERRULATA Q--**Sabal Serrulata is one of the best homeopathic medicines for low sperm count with

wasting (atrophy) of testes. It is also prescribed for infertility in males with prostate enlargement or prostatitis. Sexual intercourse is painful at the time of emission.

- **TRIBULUS TER. Q—**Tribulus ter. Is effective for correcting semen and sperms. Here sperms are absent or are in low count. Weak and thin semen. Poor mobility of sperms and other abnormalities like coiled tails, pairing etc are corrected by the use of this remedy.
- **TITANIUM 1000—**Titanium is another effective remedy for low sperm count. There is great weakness and too early ejaculation in coition. Infertility with backache Titanium is the top most remedy.
- **X RAY 30-**X Ray is one of the top medicines for infertility in males from a low sperm count. It helps to increase sperm count. It helps in both improving the quality and quantity of sperms.

**Discussion:** Above homeopathy medicine helps in case of Male infertility these are well selected homeopathic medicines to increase sperm count and also helps to overcome various complications related with male infertility its proved Gerhard (2002) studied that the rate of improvement in sperm count through homeopathic therapy is comparable to the improvement achieved by conventional therapy, Mazhar Mushtag, Saghir et al. (2007) suggested that the Homeopathy diagnosis which include the usage of hCG in infertility in male. Infertility diagnosed from hormonal level. Testoren hormone increased 4 months, Thirunavukkarasu M. Sellandi et al. (2012) according that the *Gokshura (Tribulus terrestris)* have shown superior results in the management of *Kshina Shukra* like urolithiasis, sexual dysfunctions, and infertility, Vijay R. Ambiye et al. (2013) study that the evidence on the therapeutic value of Ashwagandha (*Withania somnifera*), as best drug for the treatment of oligospermia leading to infertility,



Kar Wah Leung and Alice ST Wong(2013)suggested that the multifaceted effects of ginseng on male reproductive function, and also focuses on its mechanisms of action that may represent novel therapeutic strategies for the treatment of male reproductive diseases or disorders, Kasana A(2017)suggested that the more than 68 Homeopathic medicines e helps in case of Male infertility. Well selected homeopathic medicine increase sperm count and also helps to overcome various complications related with male infertility, Abhishek K (2017)report that the homoeopathy medicine helps in case of Male infertility. Well selected homeopathic medicine increase sperm count and also helps to overcome various complications related with male infertility.

### Conclusion:

A low sperm count (medically speaking ) is known as oligospermia. It is one of the major causes resulting in infertility in males. Sperm count of less than 15million/ml of semen is considered oligospermia. Complete absence of sperm is referred to as azoospermia. The various causes behind low sperm count are undescended testes, hydrocele, varicocele, infection (epididymitis, prostatitis, and orchitis) tumors of the male reproductive organs, hormonal imbalance and obstruction of vas deferens. The lifestyle triggers and risk factors for low sperm count are obesity, smoking and alcoholism that predispose a male towards this condition. A low sperm count warrants looking at homeopathic medicines as a promising option.

There are more than 68 Homeopathic medicines which can be given to you based on your symptoms. Homeopathy treatment for Male infertility must be tailored for you so as to provide you deep pathological cure. Homeopathy treatment for male infertility is not only 100% safe but also very effective in large number of patients. The correct homeopathy medicines have to be selected by an

experienced and a qualified Homeopathic doctor.

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